

String It Up

Tasty Spaghetti

Serves 4

Methods

1. Boil the spaghetti until it is al dente or cooked.
2. Meanwhile, fry garlic and onion in a non-stick pan with corn oil.
3. Add in vegetables and minced chicken and stir-fry for 5 mins.
4. Add in canned tomatoes, tomato puree, bay leaves, seasoning and sufficient water to cover the mixture.
5. Simmer, with lid on for 30 mins or until vegetables are soft and sauce is thick.
6. Serve with spaghetti. Garnish with grated cheese.

Nutrient Analysis Per Serving	
Energy	450Kcal
Carbohydrate	61g
Protein	32g
Fat	9g
Saturated fat	2.3g
Cholesterol	40mg
Dietary fibre	13.1g
Sodium	450 mg

Ingredients

- 350 g wheat spaghetti noodles
- 300 g lean minced chicken
- ½ large onion, chopped
- 1 carrot, diced
- 100g button mushroom, sliced
- 1 stalk celery, chopped
- 1 can (250g) whole tomatoes
- 2 tbsp tomato puree
- 2 cloves garlic, chopped
- 2 bay leaves
- ½ tsp paprika
- ½ tsp salt
- 1 tsp ground black pepper
- 1 tbsp corn oil
- 1 tbsp low fat cheddar cheese, grated
- Water

Carbohydrate Exchanges = ~ 4.0 exchanges

