



Chicken And Mushroom Pasta Recipe

Preparation Time	10
Cooking Time	15
Serving Size	4

Ingredients:

- 2 Tbsp olive oil
- 2 Tbsp garlic, crushed
- 200 g chicken, thigh fillet, remove skin, cut into strips
- 1/2 cup button mushroom, canned, each cut into two
- 1/3 cup basil, fresh, torn
- 1 pouch DEL MONTE Italian Style Spaghetti Sauce (250g)
- 1 pack DEL MONTE Spaghetti (175g), cooked
- 1/2 cup parmesan cheese, grated

Preparation:

1. Sauté garlic, chicken, and mushroom in olive oil for 5 minutes.
2. Add DEL MONTE Italian Style Spaghetti Sauce. Cover and simmer over low heat for 5 minutes. Add basil. Remove from flame.
3. Toss pasta with half of cheese. Pour sauce over pasta. Top with remaining cheese.

Chef's Tip

Tear fresh herbs instead of chopping them. Tearing follows the natural fibers of the leaves which helps decrease the bruising of the leaves.

Lusog Notes

This Chicken And Mushroom Pasta recipe is high in protein which is needed for growth, development, and repair of body tissues. It is also a source of calcium that is important for strong bones and teeth.