



Chicken Florentine Recipe

Preparation Time	10
Cooking Time	28
Serving Size	16

Ingredients:

- 2 Tbsp Contadina Pure Olive Oil
- 1 cup onion, white, chopped
- 1 Tbsp garlic, minced
- 500 g chicken, thigh fillet, sliced into strips
- 1 cup button mushroom, canned (400g), drained, sliced
- 2 cups spinach
- 1 pouch DEL MONTE Italian Style Spaghetti Sauce (1kg)
- 1 cup parmesan cheese, grated
- 1/2 cup basil, fresh, chiffonade
- 1 tsp salt
- 1/2 tsp pepper, black
- 1 pack DEL MONTE Spaghetti (900g), cooked

Preparation:

1. Sauté onion and garlic until translucent and aromatic.
2. Add chicken and sauté until browned. Add mushroom and sauté, then add spinach and sauté.
3. Add DEL MONTE Italian Style Spaghetti Sauce, half of parmesan cheese, and basil. Season with salt and pepper. Mix and bring to a boil. Simmer for 5 minutes.
4. Pour over cooked DEL MONTE Spaghetti then top with the remaining parmesan cheese.

Chef's Tip

For this recipe, it is best to use chicken thigh fillet which is more flavorful and will not dry out while simmering.

Lusog Notes

This dish is a source of protein which is essential for growth, development and repair of body tissues. Protein also helps in the regulation and maintenance of the body's fluid balance.

Cooking Skills Needed

- Boiling
- Sautéing
- Simmering

Cooking Tools

- Chopping Board
- Grater
- Measuring Cups
- Measuring Spoon
- Mixing Bowl
- Pot
- Rubber Spatula

- Strainer

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