



Chorizo Spaghetti Recipe

Preparation Time	10
Cooking Time	12
Serving Size	4

Ingredients:

- 2 Tbsp oil
- 1 Tbsp garlic, crushed
- 2 Tbsp onion, sliced
- 400 g chorizo Macau, sliced into half moon shape
- 1/4 cup bell pepper, green, diced
- 1/4 cup bell pepper, red, diced
- 1 pouch DEL MONTE Sweet Style Spaghetti Sauce (250g)
- - salt, to taste
- 1 pack DEL MONTE Spaghetti (175g), cooked
- 2 Tbsp cheese, grated

Preparation:

1. Sauté garlic, onion, and chorizo. Add bell peppers and sauté for 1 minute. Add DEL MONTE Sweet Style Spaghetti Sauce and salt to taste. Simmer for 3-5 minutes.
2. Pour over cooked DEL MONTE Spaghetti. Top with grated cheese.

Chef's Tip

Boil the salted water before putting in the pasta. Occasionally stir the pasta to avoid it from sticking together.

Lusog Notes

This Chorizo Spaghetti recipe is rich in protein which is essential for growth, development, and repair of body tissues. It is also a source of iron that is needed for normal metabolism.

Cooking Skills Needed

- Sautéing
- Simmering

Cooking Tools

- Chopping Board
- Measuring Cups
- Measuring Spoon
- Spatula