



## Chunky Chicken Spaghetti Recipe

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<b>Preparation Time</b>	<b>20</b>
<b>Cooking Time</b>	<b>17</b>
<b>Serving Size</b>	<b>8</b>

### Ingredients:

- 2 Tbsp butter
- 1 Tbsp garlic, crushed
- 1/4 cup onion, red, chopped
- 250 g chicken, ground
- 100 g chicken ham, cooked and cut into strips
- 1 pouch DEL MONTE Sweet Style Spaghetti Sauce (500g)
- 1/2 tsp salt
- 1/2 tsp sugar, white
- 1/2 cup chicken sausage, vienna, (or hotdog), drained and sliced diagonally
- 3/4 pack DEL MONTE Spaghetti (400g), cooked
- 1/2 cup cheese, grated

### Preparation:

1. Sauté garlic, onion, ground chicken and ham in butter. Add DEL MONTE Sweet Style Spaghetti Sauce, salt and sugar. Bring to a boil and turn down to simmer for 10 minutes.
2. Add sausage and simmer for another 2 minutes.
3. Pour over cooked DEL MONTE Spaghetti. Top with grated cheese.

### Chef's Tip

To bring out the flavor of the meat, make sure to properly brown it while sautéing before adding any liquid.

### Lusog Notes

This Chunky Chicken Spaghetti recipe is a good source of protein that is needed for growth, development and the repair of body tissues. Protein is also necessary for the regulation of body processes.

### Cooking Skills Needed

- Sautéing
- Simmering

### Cooking Tools

- Chopping Board
- Measuring Cups
- Measuring Spoon
- Pot
- Wooden Spatula