

# Creamy Chicken Spaghetti Recipe

Preparation Time Cooking Time Serving Size 12 18 5

#### Ingredients:

- 1 Tbsp oil
- 1/4 cup onion, white, chopped
- 1/2 Tbsp garlic, minced
- 250 g chicken, ground
- 1 pouch DEL MONTE Creamy & Cheesy Spaghetti Sauce (500g)
- 1/4 tsp salt
- 1/8 tsp pepper, black
- 1/2 pack DEL MONTE Spaghetti (400g), cooked according to package directions

#### Preparation:

- 1. In a pot, sauté onion until translucent. Add garlic.
- 2. Add chicken and cook until brown.
- 3. Pour in DEL MONTE Creamy and Cheesy. Season with salt and pepper then let simmer.
- 4. Pour over cooked DEL MONTE Spaghetti.

## Chef's Tip

White onions have a milder taste than red onions. It is best to use white onions for this recipe as the mild white onion will not overpower the taste of the chicken.

# **Lusog Notes**

This dish is a good source of protein that is needed for growth and development and the regulation of enzymes and hormones. It also contains niacin that helps improve circulation and supports metabolism.

## Cooking Skills Needed

- Sautéing
- Browning
- Simmering

#### **Cooking Tools**

- · Chopping Board
- Measuring Cups
- Colander
- Measuring Spoon
- Spatula