



Creamy Chicken Spaghetti Recipe

Preparation Time	12
Cooking Time	18
Serving Size	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