



Quick Chicken Spaghetti Recipe

Preparation Time	10
Cooking Time	30
Serving Size	6

Ingredients:

WHITE SAUCE

- 3 Tbsp margarine
- 2 Tbsp all-purpose flour
- 1/4 cup milk, evaporated

- 2 Tbsp oil
- 3 Tbsp garlic, crushed
- 1/4 cup onion, sliced
- 250 g chicken, breast, deboned and cut into strips
- 1 cup carrot, cut into strips
- 1/2 cup green peas, cooked
- 3/4 cup water
- 1 pouch DEL MONTE Italian Style Spaghetti Sauce (250g)
- - salt, to taste
- - pepper, to taste
- 1/2 cup cheese, grated
- 1 pack DEL MONTE Spaghetti (175g), cooked

Preparation:

1. WHITE SAUCE: Melt margarine. Stir in flour and mix until it forms into a paste. Stir in milk until blended. Set aside.
2. Sauté garlic, onion, and chicken. Add carrots, green peas, water, DEL MONTE Italian Style Spaghetti Sauce, salt, and pepper to taste. Bring to boil then turn down heat to simmer for 15 minutes.
3. Add white sauce and cheese. Pour over or mix with DEL MONTE Spaghetti. Top with additional cheese, if desired.

Chef's Tip

The mixture of flour and butter/margarine is called a "roux". It acts as the thickening agent for the white sauce.

Lusog Notes

This dish is rich in protein and vitamin A where protein is important for growth and development, while vitamin A promotes good vision and healthy skin. It is also a good source of vitamin B1 that helps the body convert food to energy.

Cooking Skills Needed

- Mixing

- Sautéing
- Simmering

Cooking Tools

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

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