




Chicken Bolognese with Whole Wheat Spaghetti

 4 servings  Prep: 15 mins  Cook: 30 mins



INGREDIENTS

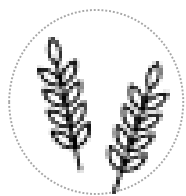
320g Whole Wheat spaghetti, dried
 400g Minced chicken
 200g Assorted vegetables (80g onion, 60g carrot, 60g celery) chopped finely
 20g Plain flour
 4 tsp Soybean oil
 Spaghetti sauce
 Pinch of Salt

For spaghetti sauce

200g Tomato paste, reduced salt
 4g mixed herbs

METHODS

1. Boil the whole wheat spaghetti with salt for 9 – 11 minutes
2. Sauté the onion, celery, carrot, minced chicken and flour with soybean oil till fragrant
3. Add in tomato paste and mixed herbs. Cook till thickened, While the chicken is cooking, blanch the broccoli in hot water.
4. Put in the spaghetti and sauté together with the sauce.
5. Portion the spaghetti into the bowl and garnish with parmesan cheese on top.
 Serve hot and enjoy!



WHOLEGRAIN
WEDNESDAY

Nutrition Information (per serving)

Energy 563 kcal, Carbohydrate 62g, Protein 33g, Fats 17g, Saturated Fats 5g, Cholesterol 94mg, Dietary Fibre 12g, Sodium 577mg