

SPAGHETTI WITH ZUCCHINI-MINT SAUCE AND CHICKEN

2 persons / 497 kcal per person

Ingredients:

- 130 grams of whole meal spaghetti
- 1 zucchini
- 1 medium onion
- 1 clove of garlic
- ½ cup of fresh mint (a 15 gram)
- 200 grams of chicken thigh fillets
- 1 tablespoon of sweet soy sauce
- ½ teaspoon of ground cumin
- 1 tablespoon of olive oil
- pepper and salt



Preparation:

Cook spaghetti according to package directions. Clean zucchini and cut into pieces. Peel and chop the onion and garlic. Clean and chop mint. Cut chicken thigh fillets into strips and mix with sweet soy sauce, half content of garlic and half content of cumin. Heat in a frying pan ½ tablespoon of oil and fry chicken strips for 10 minutes. Heat ½ tablespoon of oil in a deep pan and fry zucchini with onion for 4-5 minutes while stirring. Add the rest of the garlic and cumin and cook for 1 minute. Spoon half into frying pan with chicken and fry for 1 minute. Add 1½ dl water to the deep pan and cook the remaining zucchini for 5 minutes. Puree with hand blender. Stir chicken mixture and mint into zucchini sauce. Season with salt and pepper if necessary. Spoon spaghetti topped with zucchini-chicken mixture onto two plates.

Nutritional value per person:

Energy:	497 kcal
Protein:	32.4 grams
Carbohydrates:	53.3 grams
- including sugars:	12.3 grams
Fat:	15.4 grams
Fiber:	6.5 grams
Salt:	1.9 grams