

SPAGHETTI WITH SPICY FLAVOUR AND BEANS

2 persons / 500 kcal per serving

Ingredients:

- ½ tablespoon olive oil
- 1 onion
- 3 Catalan sausages
- 150 grams spaghetti
- 6 teaspoons pasta Bolognese spice blend Verstegen
- 200 grams peeled tomatoes
- 200 grams fresh green beans
- salt



Preparation:

Cook the spaghetti al dente according to the instructions on the package. Cut green beans small and cook for 6 minutes. Snipe an onion. Heat the oil in a frying pan and fry the onion for 1 minute. Cut open the skin of the sausages, take out the meat and add to the onion. Bake loose and brown in 3-4 minutes. Add the spice blend to the meat and fry for 1 minute. Bake the tomatoes for 1 minute, meanwhile stir them with a spatula. Heat the green beans for 2 minutes through the sauce. Mix the spaghetti into the sauce and divide between 2 (deep) plates.

Nutritional value per portion:

Energy:	500 kcal
Protein:	23.2 grams
Carbohydrates:	54.7 grams
- including sugars:	8.1 grams
Fat:	6,6 grams
Fiber:	1,0 grams
Salt:	1.6 grams