

SPAGHETTI WITH CHICKEN, TOMATO AND BELL PEPPER

2 persons / 586 kcal per serving

Ingredients:

- 130 grams spaghetti
- 150 grams chicken fillet
- 1 red bell pepper
- 1 tablespoon olive oil
- 235 grams pasta sauce basil
- 125 grams cherry tomatoes
- 35 grams Parrano flakes
- pepper and salt



Preparation:

Cut the chicken fillet into cubes. Halve the bell pepper lengthwise and remove the seeds. Cut the flesh into pieces. Heat the oil in a frying pan and fry the chicken and bell pepper on high heat for 5 minutes. Meanwhile, cook the spaghetti according to package instructions. Add the sauce to the chicken and bell pepper and simmer the mixture with the lid on the pan over medium heat for 5 minutes. Halve the cherry tomatoes. Add to the mixture and simmer for 1 minute. Season with salt and pepper. Mix with the spaghetti and spread the Parrano chips on top.

Nutritional value per portion:

Energy:	586 kcal
Protein:	29.0 grams
Carbohydrates:	58.4 grams
- including sugars:	10.8 grams
Fat:	24.7 grams
Fiber:	6,5 grams
Salt:	1.4 grams