

CHESTNUT MUSHROOMS & MINCED CHICKEN - PASTA SAUCE WITH SPAGHETTI

2 persons / 551 kcal per serving

Ingredients:

- 130 grams spaghetti
- 200 grams chestnut mushrooms
- 1 clove of garlic
- 150 grams minced chicken
- 1 tablespoon olive oil
- 60 grams mozzarella
- 390 grams basil basic pasta sauce
- fresh pepper and salt



Preparation:

Cook the spaghetti until al dente according to the instructions on the package. Meanwhile, cut the mushrooms into quarters and finely chop the garlic. Heat the oil in a skillet and fry the chicken mince. Add the mushrooms, garlic, fresh pepper and possibly salt and fry over medium heat for 5 minutes. Meanwhile, cut the mozzarella into cubes. Add the pasta sauce to the minced-mushroom mix and spread the mozzarella over it. Heat on low heat for 4 minutes with the lid on the pan. Divide the spaghetti and sauce over deep plates.

Nutritional value per portion:

Energy:	551 kcal
Protein:	29.0 grams
Carbohydrates:	49.7 grams
- including sugars:	8.4 grams
Fat:	25.1 grams
Fiber:	4.8 grams
Salt:	2.9 grams