

# ORIENTAL SURF & TURF SPAGHETTI

2 persons / 546 kcal per person

## Ingredients:

- 150 grams of spaghetti
- 1 onion
- 1 tablespoons of olive oil
- 150 grams of scraped carrots
- ½ pack of bumbu bami goreng
- 150 grams of leek
- 100 grams of ham strips
- 100 grams of Dutch shrimps



## Preparation:

Cook the spaghetti al dente according to the instructions on the package. Finely chop the onion. Cut the carrots into slices. Cut the leek into rings. Heat in a wok the oil and fry the onion until it starts to color. Spoon the bumbu, leek and carrot. Stir the vegetables over high heat for 7 minutes until al dente. Drain the spaghetti and mix with the vegetables. Stir in the ham strips and shrimp. Let it warm through well on low heat and serve immediately.

## Nutritional value per portion:

Energy:	546 kcal
Protein:	34.0 grams
Carbohydrates:	66.1 grams
- including sugars:	13.4 grams
Fat:	14.1 grams
Fiber:	8.4 grams
Salt:	3.0 grams