

# PASTA WITH CHICKEN BALLS AND TOMATO FROM THE OVEN

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2 persons / 588 kcal per serving

## Ingredients:

- 150 grams chicken sausage
- 250 grams cherry tomatoes
- 1 tablespoon olive oil
- 130 grams fusilli pasta
- 10 grams fresh parsley
- 150 grams grilled red peppers in a jar
- 75 grams mozzarella
- 200 grams fresh spinach
- pepper and salt



## Preparation:

Preheat the oven to 200°C. Remove the skin from the sausages and roll 6 balls of the sausage meat with moisture hands. Divide the chicken balls and tomatoes on a baking tray lined with baking paper. Sprinkle with the oil and sprinkle with pepper. Roast in the middle of the oven for about 15 minutes. Cook the pasta, and any salt to the water, al dente in 7-9 minutes. Meanwhile, chop the parsley. Place the bell pepper with 3 tablespoons of liquid from the jar and half of the parsley in a tall cup and mash with the hand blender. Season with salt and pepper. Drain the mozzarella and cut into cubes. Heat a skillet without oil or butter and let the spinach shrink in parts. Drain the pasta, return to the pan and mix in the paprika sauce and spinach. Divide the chicken balls, tomatoes and mozzarella over it. Sprinkle with the rest of the parsley.

## Nutritional value per portion:

Energy:	588 kcal
Protein:	31.6 grams
Carbohydrates:	55.5 grams
- including sugars:	6.9 grams
Fat:	25.0 grams
Fiber:	5.9 grams
Salt:	2.7 grams