

Healthy Chicken Spaghetti

Prep: 10-15mins

Cook: 30mins

Serves: 5

Ingredients:

- 2 Tbsp olive oil
- 2 large onions
- 1 x red pepper
- 1 x green pepper
- 2lb chicken breast or thighs (small cubes/pieces – cooks quicker)
- 2 tbsp minced garlic
- 2 pinches salt
- 1 tsp chilli powder (if you want)
- 1 tsp paprika
- 2-3 Tbsp plain flour
- 300ml chicken or vegetable stock
- 400ml crème fraiche
- 450g low fat cheddar cheese
- 800g spaghetti

Method:

1. Prepare all the ingredients.
2. Cook spaghetti in a large pot of boiling salted water until al dente (slightly underdone so that it holds its own in the sauce). Drain.
3. Meanwhile, heat a large skillet over medium-high heat and add the oil.
4. Add onions and peppers, cooking and stirring until softened, about 3-4 minutes.
5. Add chicken cubes and cook until white on the outside (they don't necessarily need to brown).
6. Stir in garlic, salt, chili powder (if using) and paprika and cook 1 minute.
7. Add flour and stir until no white remains.

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8. Stir in broth and crème fraiche and bring to a simmer. Reduce heat to medium and cook and simmer until thickened.
9. Stir in shredded cheese and pour over cooked pasta.

Tips:

- Great recipe for using up left over chicken or turkey.
- Can replace some or all the meat with veg.
- Leftovers will last in an airtight container in the fridge for up to 3 months or the freezer for up to 3 months.
- Reheat gently in the microwave or on the hob, adding splashes of milk if needed.