

Gut-Bug Friendly Food: Broccoli Chicken & Broccoli Spaghetti



Prep: 5 mins Cook: 20 mins Servings: 2 Kettle & Hob



Top Tips



Replace the chicken with beef, sliced sausages or a meat alternative.

Add a variety of vegetables to the dish, like carrots or peas, or even some beans.



Keep any leftovers in the fridge for tomorrow's lunch

Equipment



Ingredients



1

Snap the spaghetti bunches in half and place them into the bowl.

Boil the kettle and pour the boiling water over the spaghetti. Cover with a plate.

Leave for 10-15 mins or until it's gone soft.

2

Drain the water using the sieve and pour the spaghetti back into the bowl.

Heat the oil in the frying pan over a medium heat, add the broccoli; cook and stir until crisp-tender.

Drain the chicken (if needed) and add to the pan. Cook until piping hot.

3

Add the pasta sauce/chopped tomatoes and heat until gently bubbling.

Add the cooked spaghetti to the pan and gently mix everything together.

Add the herbs in.

Serve and enjoy!

Allergens: spaghetti (**gluten**)

If you have IBS, use gluten-free spaghetti and try adding a smaller quantity of broccoli to the dish