



## **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





## **Ingredients**

2 bunches of dried spaghetti (gluten), ideally brown (each the size of a £1 coin; pasta or noodles will also work)

½ head of broccoli,

chopped into small

1 can of cooked

chicken meat

pieces



1 tablespoon of olive/vegetable oil



1 jar of pasta sauce or 1 tin of chopped tomatoes



Any fresh or dried herbs (i.e., parsley, coriander)

For allergens, see ingredients in **bold**. Allergens may vary between brands, refer to the ingredient lists on the items you have

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.

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.

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)

