

GF Friendly

Chicketti

Chicken and vegetables in a spicy sauce on spaghetti

The vegetables are your choice and whatever you have. As for the chicken, I used a breast fillet, but the cheaper alternative can be found in our first budget recipe, BSR01 Chicken Pieces. If you go this way, only stir-fry them in the spices with the capsicum for 2 minutes, then continue with the recipe. For anyone not over-keen on hot and spicy, cut down on the chilli and ginger for a milder taste.

- 250g diced chicken
- 1 small onion sliced in ½ rings
- ¼ capsicum, sliced thinly
- 1 carrot, julienned
- 1 cup coarsely chopped mushroom
- ½ tsp chilli powder
- ½ tsp powdered ginger
- ¼ tsp turmeric
- ½ can (200ml) condensed chicken soup
- 1 tsp chicken stock powder
- ½ cup milk
- 1 tsp oregano
- 1 Tbsp olive oil, or other



Enough spaghetti to feed the hungry hoards

In a wok or deep frying pan, warm the chilli, ginger and turmeric in the oil, then fry the chicken and capsicum partially covered for 5 minutes, tossing occasionally. Remove from the pan and set aside. Fry the vegies in the same pan for 6 minutes covered, tossing now and then. Now include the chicken and capsicum, sprinkle on the stock powder and oregano and toss to coat before finally putting in the soup and milk. Mix well and continue cooking partially covered stirring occasionally while cooking the spaghetti. Break this in quarters and put into boiling water, cooking until al dente (sticks to the teeth). Pile the spaghetti on warmed plates and top with the chicken mixture.

Serves 4, more if you add extra vegies

chicken and sauce okay to freeze

Tip: for a bit of variety, add a teaspoon of chicken stock powder to the pan while boiling the spaghetti.

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