



Spaghetti Jollof

Ingredients

- g Spaghetti
- 1/2 1/2 large white onion
- petite belle pepper
- tomatoes (chopped)
- large red pepper bell (diced)
- MAGGI Chicken
- 1/2 1/2 tsp of garlic
- tbsp Vegetable Oil
- tsp Curry Powder
- 1/2 1/2 tsp Thyme
- Mediums Carrots
- Head Cabbage
- Green Bell Pepper

Instruction

1. Wash and roughly blend tomatoes, 1 onion, fresh pepper and 1 red bell pepper. Cut remaining red and green bell pepper into a small bowl. Set aside
2. Slice remaining onions. Heat oil in a pan and add onion slices, ginger, garlic, thyme then stir-fry for 3 minutes. Add the blended vegetables and fry for 10 minutes stirring at regular intervals. Make stock with 2 MAGGI Chicken and water, add the stock base and allow to boil.
3. Add the spaghetti, stir and allow to cook on low heat for 7 minutes. Add shredded cabbage, the red and green bell peppers and diced carrots to the pan. Stir at regular interval till spaghetti is cooked. Serve.

Nutrition

Carbohydrates	95,44 g
Energy	488,55 kcal
Total fat	4,78 g
Fiber	9,87 g
Protein	16,99 g
Saturated Fats	1,28 g
Sodium	782,36 mg
Sugars	14,27 g

25 Minutes

6 Portions