



Chicken-Veggie Pasta

Ingredients

- 1 lb Chicken Breast
- 1/2 1/2 tsp Black Pepper powder
- 1/2 1/2 tsp Vegetable Oil
- 1/2 1/2 yellow bell pepper (cut into 1 inch pieces)
- 1/2 1/2 Red bell Pepper
- 1 large Onion (Chopped)
- 1/2 1/2 cup Carrot (Diced)
- 1/2 1/2 tsp Chopped Ginger
- 1/2 1/2 Cloves Chopped Garlic
- 1/2 1/2 g Cooked spaghetti
- 1/2 1/2 MAGGI Shrimp
- 1/2 1/2 tbsp Soy sauce

Instruction

1. Add one tablespoon of vegetable oil to a large skillet or wok and heat over medium high heat.
2. Add chicken (in batches if necessary) and season with MAGGI Shrimp and pepper. Cook for 3 to 5 minutes or until cooked through.
3. Remove from skillet, reduce heat to medium and add remaining tablespoon of oil to the skillet.
4. Add onions, bell pepper and carrots and cook, stirring occasionally, just until crisp and tender then add ginger and garlic and cook for an additional minute.
5. Add chicken back into the skillet and stir to combine.
6. Add cooked spaghetti and toss till well combined.
7. Serve and enjoy hot!!

Nutrition

Carbohydrates	43,63 g
Energy	383,88 kcal
Total fat	15,45 g
Fiber	3,45 g
Protein	17,17 g
Saturated Fats	3,57 g
Sodium	1331,07 mg
Sugars	3,7 g

27 Minutes

6 Portions