

Spicy Chicken Mince Whole Grain Spaghetti

A flavorful and spicy whole grain spaghetti dish with chicken mince, basil, oregano, and a gastritis-friendly spicy sauce.


30 min

Total time

Easy

Difficulty

400

kcal / serving

Ingredients

- 100g whole grain spaghetti
- 100g chicken mince
- Basil
- Oregano
- 1/2 cup tomato sauce
- 1/4 tsp cayenne pepper
- 1/4 tsp paprika
- Salt and pepper to taste
- 1 tbsp olive oil

Steps

- 1 Cook whole grain spaghetti according to package instructions.
- 2 In a pan, heat olive oil and sauté chicken mince until cooked through.
- 3 Add basil, oregano, cayenne pepper, paprika, salt, and pepper to the chicken mince.
- 4 Pour in tomato sauce and let simmer for 5 minutes.
- 5 Serve the spicy chicken mince sauce over the cooked whole grain spaghetti.