

Whole Grain Spaghetti with Chicken Stuffing in Gastritis-Friendly Sauce

A diet-friendly recipe featuring whole grain spaghetti and chicken stuffing, cooked in a gastritis-neutral sauce.


30 min

Total time

Easy

Difficulty

350

kcal / serving

Ingredients

- 100g whole grain spaghetti
- 100g chicken breast, diced
- Gastritis-friendly sauce (e.g., low-acid tomato sauce or olive oil-based sauce)
- Salt and pepper to taste
- Fresh herbs for garnish

Steps

- 1 Cook whole grain spaghetti according to package instructions.
- 2 In a separate pan, cook diced chicken breast until fully cooked.
- 3 Season chicken with salt and pepper.
- 4 Once spaghetti is cooked, drain and set aside.
- 5 In the same pan used for the chicken, add the gastritis-friendly sauce and heat through.
- 6 Add the cooked chicken to the sauce and let simmer for a few minutes.
- 7 Serve the chicken and sauce over the whole grain spaghetti.
- 8 Garnish with fresh herbs and enjoy!