



FIT FAST  
COOK  
HOMEMADE IS HEALTHY

# Cheesy spaghetti



Serves	Prep Time	Cooking	Total Time	Calories
<b>4 people</b>				<b>433 kcal</b>

### Stuff that's in it:

- 25G Lighter Spreadable Butter
  - 25G Plain Flour
- 150G Whole Wheat Spaghetti
- 280G Broccoli Fresh (Florets)
  - 80G Serrano Ham
  - 10G Fresh Parmesan
  - ½Tsp English Mustard
- 400G Chicken Breast (Sliced)
  - 1 Clove Garlic (Chopped)
- Small Handful Fresh Basil Leaves (Torn)
- 
- 1Tsp Oil
- 500Ml Skimmed Milk

### What you do:

Pop your spaghetti on to cook as per packet Instructions

To make the sauce, add the lurpack to a small saucepan and melt, then add the flour and whisk until

combined, slowly add the milk (warm is best) and continue to stir until thick. Add the Parmesan and mix again until smooth, add salt and pepper and a touch of mustard

Pop your broccoli Florets onto steam until soften slightly 4/5 mins

Spray a fry pan with oil and gently fry the chicken pieces all over until cooked through, turning over now and then, add the garlic and basil half way through.

Add the cooked spaghetti, sauce and mix well. Finish with the chopped ham and serve with the broccoli

### **Nutrition**

- Carbs: 38g
- Fat: 10g
- Protein: 43g

Copyright 2024 by Sarah McDonald, All Rights Reserved.

[www.fitfastcook.com](http://www.fitfastcook.com)