

Grilled chicken with carrot sauce and spaghetti

Serves 10

Ingredients	
5 chicken breasts, grilled	40g bunch fresh parsley
400g carrots, peeled and chopped	600 ml vegetable stock made with Kallow low salt stock cube
2 (220g) onions, peeled and chopped	100 ml single cream
20g garlic, peeled and crushed	800g spaghetti
100g celery, chopped	50 ml sunflower oil

• **METHOD:**

- Precook the chicken breasts and chop into bite size pieces
- In a large pan heat the oil and add the onion, carrots and garlic
- Cook for 10 minutes until softened
- Add the stock, bring to the boil and simmer for 15 minutes until the carrot is soft
- Blend the mixture until smooth then add the chopped parsley and the cream
- Meanwhile cook the spaghetti
- Add the chicken to the sauce and heat for a few minutes
- Serve the chicken and sauce with the spaghetti



- ✓ **Cook's tip:** prepare extra carrot and another vegetable to make a puree for weaning diets
- ✓ FOR DAIRY FREE DIETS OMIT CREAM AND USE DAIRY FREE CREAM ALTERNATIVE
- ✓ FOR VEGETARIAN DIETS OMIT CHICKEN AND USE BUTTER BEANS INSTEAD (CANNED IN UNSALTED WATER)
- ✓ FOR WHEAT FREE DIETS OMIT PASTA AND SERVE WITH BOILED RICE OR WHEAT FREE PASTA

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
223	24	12	48	5	0.3	0.9	166