



Traffic light category: **Green** Serves: **6**

Ingredients

- 400g spaghetti (or any other pasta)
- 1 tbsp olive oil
- 3 garlic cloves, crushed
- 1 brown onion, diced
- 1/2 zucchini, grated
- 1 carrot, grated
- 800g tinned crushed tomatoes
- 500g chicken breast or thigh
- 1 bunch fresh basil, roughly chopped
- 1/2 cup parmesan (optional)

Don't have chicken?
you could try
lean beef mince,
tinned tuna
or lentils/ chickpeas!

Method

1. Cook the pasta in a large pot of salted boiling water for 1 minute less than the packet instructions.
2. In another pot, poach chicken in boiling water until just cooked, roughly 8 minutes. Once cooked, shred chicken.
3. Heat oil in a large pot over medium heat. Add garlic and onion and cook until coloured.
4. Add grated zucchini and carrot, tinned tomatoes, and 1/2 cup water, stir and simmer for 6-8 minutes.
5. Add shredded chicken and mix to combine.
6. Scoop out 1 cup of pasta water. Drain the remaining pasta.
7. Add drained pasta and 3/4 cup of pasta water to the sauce and toss to combine.
8. Toss through basil and parmesan. Serve!

Short on time?
Buy a cooked
chicken and shred
to skip step 2!

Hungry for more?

Contact the Fuel to Go & Play® team
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