

Recipe: Chicken Macaroni

Serves:

4

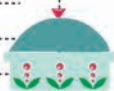
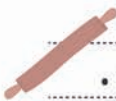
Ingredients

- 3 TBSP OLIVE OIL
- 5 CLOVES GARLIC, CHOPPED
- 7 WHOLE MEDIUM TOMATOES, CRUSHED
- 1 SMALL BAY LEAF
- 1 TSP OREGANO
- 2 TBSPS CHOPPED BASIL
- 180 GM SKINLESS CHICKEN BREAST, MARINATED (SALT AND PEPPER)
- 4 CUPS MACARONI, COOKED AND DRAINED
- 2 TBSPS CHILI PASTE OR GROUND CHILIES
- ½ WHOLE RED CAPSICUM, MEDIUM, SLICED
- ½ WHOLE YELLOW CAPSICUM, MEDIUM, SLICED
- 1 SMALL BUNCH BROCCOLI
- 2 CARROT, CHUNKED
- 4 MUSHROOM, SLICED
- ½ TSP OF SALT
- 2 TSP OF GROUND BLACK PEPPER



Methods

- In a medium pot, heat 2 Tbsps of olive oil over medium heat.
- Add garlic and sauté until it is golden.
- Add chili paste and sauté until fragrant.
- Add crushed tomatoes, oregano and bay leaf.
- Stir well and reduce heat to low.
- Cover and let it simmer for about 15-20 minutes.
- Lastly, add in macaroni. Add salt and pepper to taste.
- On a grilled pan, brush the chicken and vegetables with olive oil. Grill until lightly brown.
- Add grilled broccoli, capsicum, carrot and chicken on a serving plate with macaroni.



Nutrition Information

Energy (kcal)	Protein (g)	Carbohydrate (g)	Fat (g)	Sat fat (g)	Dietary fiber (g)	Sodium (mg)
440	16.1	45.4	13.0	1.7	5.4	614

Healthy Cooking Methods



Stir-Frying



Grilling



Boiling



Baking



Steaming

Exchange With Healthier Ingredients

- Use low fat milk instead of coconut milk.
- Substitute mayonnaise with low fat salad dressing or yoghurt.
- Make half of your grains whole grains.
- Add herbs and spices for flavouring instead of salt.
- Use fresh or dried fruits to replace sugar in recipes.

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