

Jollof Spaghetti with Soya Chunks

Ingredients

- g Spaghetti, spinach, dry
- large Tomatoes, red, ripe, raw, year round average
- large Poivron rouge
- pieces scotch bonnet
- tbsp Tomato Paste
- tbsp Oil, vegetable, Natreon canola, high stability, non trans, high oleic (70%)
- Medium Onions, raw
- tbsp Spices, ginger, ground
- tbsp Spices, garlic powder
- g SOYACHOPS
- MAGGI Chicken Cube 16(100x4g)N1 NG
- MAGGI Signature Jollof (30x10x8g)
- 1/2 1/2 tsp Thyme, fresh
- 1/2 1/2 tsp Curry Powder

Instruction

1. Heat up pot, add oil in the pot. Add the onions, ginger and garlic and stir-fry.
2. Add the thyme, curry and seasoning, stir-fry then add the tomato paste, fresh tomatoes, tatashe and rodo.
3. When they've properly fried add water and allow to boil
4. Once boiled add the spaghetti, cook for 5 minutes, then add the soya chops and allow to cook together with the spaghetti for 10mins.

Nutrition

Carbohydrates	92,86 g
Energy	517,9 kcal
Total fat	4,89 g
Fiber	16,77 g
Protein	24,65 g
Saturated Fats	0,61 g
Sodium	1417,27 mg
Sugars	12,48 g

35 Minutes

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