



Healthy chicken and pasta frittata (high protein)

15'
Hands on

30'
Cook Time

8-10
Portion(s)

1
Difficulty



Ingredients

- 1 green bell pepper
- 1 red bell pepper
- 1 onion
- 4-5 tablespoon(s) olive oil
- salt
- pepper
- 400 g spaghetti
- 10 egg whites, from medium eggs
- 100 g milk
- 1 tablespoon(s) oregano
- 200 g cheddar, light
- 300 g chicken breast fillet, cooked
- 1 tablespoon(s) baking powder
- 100 g cherry tomatoes

To serve

- oregano
- pepper
- olive oil

Method

- Preheat the oven to 180° C (350° F) set to fan.
- Place a [frying pan](#) over high heat.
- [Cut](#) the green and the red pepper into thin strips, the onion into thin slices, and add them to the pan.
- Leave them for 1-2 minutes in the pan, without adding olive oil, to get a smoky flavor and aroma.
- Add 2-3 tablespoons olive oil, salt, pepper, and sauté.
- At the same time, in a [pot](#) with boiling water add the spaghetti, salt, and boil according to the packet's instructions.
- In a bowl add the egg whites, the milk, and stir. Add salt, pepper, the oregano, half of the cheddar, the chicken cut into small pieces, the peppers and the onion from the pan, the baking powder, and mix with a serving spoon.
- Drain the spaghetti, add them to the bowl, and mix well.
- Spread 1 tablespoon olive oil into a 28 cm paella pan. Pour the mixture in and sprinkle with the remaining cheddar.
- Add the cherry tomatoes cut in half, 1 tablespoon olive oil, pepper, and bake for 30 minutes.
- Serve with oregano, pepper, and olive oil.

Διατροφικός πίνακας

Nutrition information per portion

361 Calories (kcal)	11.0 Total Fat (g)	3.4 Saturated Fat (g)	36.0 Total Carbs (g)
18%	16%	17%	14%
4.8 Sugars (g)	29.0 Protein (g)	2.8 Fibre (g)	0.95 Sodium (g)
5%	58%	11%	16%