

# Herby Spaghetti ft. Italian Chicken MBs

Recipe makes 4-5 servings, each serving is:

523  
kcal

19 g  
fat

60 g  
carbs

28 g  
pro

## Ingredients

- 2 chicken breasts, minced or ground
- 1/4 c. panko bread crumbs
- 1 egg
- 1-1.5 Tbsp Italian seasoning
- Salt & pepper
- 1/2 pkg spaghetti noodles
- Parmesan cheese for garnish

## Herby Sauce

- 1/2 c. cashews
- 1 handful each of fresh parsley, mint, and basil
- 1 clove garlic
- 1-2 Tbsp olive oil
- 1-2 Tbsp white wine vinegar
- Salt & pepper
- ~1/2 c. water (may need more)

## Directions

1. Combine the chicken, panko, egg, Italian seasoning and some salt/pepper. Form into ~12-16 equal sized meatballs and transfer to an air fryer. Air fry for 15-20 minutes until the internal temp reaches 165 degrees F.
2. Bring a large pot of salted water to a boil. Add the spaghetti and cook until el dente, about six minutes.
3. Add the herby sauce to a blender and blend until smooth. Add water as needed to thin. Taste and adjust for flavours as desired.
4. Toss the spaghetti noodles and sauce together to combine.
5. Plate with the herby spaghetti, Italian chicken meatballs, and garnish with some parmesan and one of the fresh herbs. Enjoy!

**THE NUTRITIONIST**

