

This Keto Pasta with Mozzarella, Tomato and Basil dish has so much flavor and takes so little effort that it's going to become one of those goto meals. Enjoy!

Servings - 8

**Prep Time - 15 Mins | Cook Time - 25 Mins | Total Time - 40 Mins**

Difficulty - Easy



Cuisine - Italian

## RECIPE

# KETO PASTA WITH MOZZARELLA, TOMATO AND BASIL

## EQUIPMENT

[Cup and Spoon Measures](#)

[Disc Kitchen Scale](#)

[Non Stick Large Saucepan](#)

[Spatula](#)

[Colander](#)

[Medium Round Ovenproof Dish](#)

# INGREDIENTS

[516 g \(Cut as spaghetti\) Keto Egg Pasta](#)

1/2 Brown Onion, minced

2 Garlic cloves, minced

[400 g Keto Lasagne and Pizza Tomato Sauce](#)

3 Small Chicken breasts, boiled slowly and shredded

[1 1/2 Cups Mozzarella Cheese, Grated](#)

[1/3 Cup Parmesan, grated](#)

1/4 Cup packed fresh Basil leaves, roughly chopped

## METHOD

Preheat your oven to 375 F/190 C or Fan 170 C/Gas Mark 3.

Fry the onion and garlic in a little olive oil, add the peeled tomatoes. Season with basil and black pepper and simmer for 10 minutes.

Cook the pasta in a large pot of salted boiling water for 8 - 10 minutes according to your preference.

Add tomato sauce to the pasta and gently toss to combine until the pasta is evenly coated.

Pour half of the pasta into a Large greased baking dish. Sprinkle evenly with 1 cup of mozzarella cheese, half of the Parmesan cheese. Layer the remaining pasta evenly on top. Sprinkle evenly with the remaining 1/2 cup of cheese.

Bake for 10-15 minutes until the cheese is melted and just starts to turn golden. Remove from the oven, sprinkle immediately with the remaining fresh basil leaves and serve immediately.

## SERVING SUGGESTIONS

Serve with a green side salad.

## STORAGE

Store in an airtight container in the fridge for up to 4 or 5 days. You can freeze for up to 30 days.

## NUTRITION FACTS

Per serving : 212 g | Calories 272 | Protein 32.5 g | Fat 11.6 g | Carbs 8.2 g | Fiber 2.6 g

Net Carbs : 5.6 g

LOW CARB - KETO - SUGAR FREE

For more delicious recipes visit the recipe section of our website at:

<https://www.forhealthandlonglife.com/recipes>