

# Spaghetti Squash

2 WAYS



## BASIC ROASTED SQUASH

**SERVINGS:** 2-4

**PREP TIME:** 10 MIN

**COOK TIME:** 40MIN

### Ingredients

1 Spaghetti Squash  
Olive Oil  
Salt & Pepper

### Directions

1. Preheat oven to 400
2. Slice squash in half, lengthways
3. Scoop out the seeds & then drizzle olive oil on the inside & rub it into the flesh. Sprinkle with salt & pepper
4. Place cut side down on a cooking sheet and roast for 40 minutes, or until you can pierce the flesh with a fork.
5. When it's finished run a fork up and down the flesh of the squash to create "spaghetti"
6. Enjoy as is, or top with your favourite sauce, or simply garlic & butter

## MOROCCAN SPICED SQUASH

BASED ON SMITTEN KITCHEN'S RECIPE

**SERVINGS:** 4

**PREP TIME:** 10 MIN

**COOK TIME:** 40 MIN

### Ingredients

1 spaghetti squash  
4 Tbsp unsalted butter  
2 garlic cloves, minced  
1 tsp ground cumin  
1/2 tsp ground coriander  
1/2 tsp cayenne  
1 tsp salt  
chopped fresh cilantro or parsley

### Directions

1. Roast the squash (as above)
2. In the meantime, melt the butter in a small saucepan
3. Once melted add the garlic, and cook until golden
4. Remove from the heat, and stir in the rest of the dried spices & salt
5. When the squash is roasted, scrape the flesh into a bowl, and toss the 'noodles' in the melted butter.
6. Serve topped with fresh cilantro or parsley