

# Roasted Spaghetti Squash

## *with Mushroom Marinara Sauce & Garlic Knots*

Spaghetti squash is a culinary wonder: its flesh, once cooked, transforms into delicately sweet, spaghetti-like strands perfectly suited for a savory red sauce. Tonight, that sauce is a mushroom marinara, which gets pops of flavor from briny black olives and herbaceous oregano. We're taking the dish up a notch with a classic side: fresh, hand-tied garlic knots. (Chefs, to cut open your spaghetti squash, you can also use a sturdy serrated knife!)

### Blue Apron Wine Pairings

Seigneurie de Châtillon Chardonnay, 2015  
Las Canovas Tempranillo, 2014



## Ingredients

- ½ Pound Plain Pizza Dough
- 1 15-Ounce Can Diced Tomatoes
- 4 Cloves Garlic
- 4 Ounces Cremini Mushrooms
- 1 Spaghetti Squash
- 1 Yellow Onion
- 1 Bunch Oregano

## Knick Knacks

- 2 Ounces Black Cerignola Olives
- 2 Tablespoons Butter
- ⅓ Cup Grated Parmesan Cheese

**Makes:** 2 servings

**Prep Time:** 15 minutes | **Cook Time:** 35–45 minutes



1



## Prepare the ingredients:

Preheat the oven to 450°F. Remove the dough from the refrigerator. Wash and dry the fresh produce. Using a sturdy knife, carefully halve the squash lengthwise; scoop out and discard the pulp and seeds. Peel and mince the garlic; smash with the side of your knife until it resembles a paste (or use a zester). Peel and small dice the onion. Thinly slice the mushrooms. Smash the olives with the side of your knife; remove and discard the pits, then roughly chop. Pick the oregano off the stems; discard the stems, then roughly chop.

2



## Roast the squash:

Place the **squash** on a sheet pan. Drizzle the cut sides with olive oil; season with salt and pepper. Arrange the squash on the sheet pan cut sides-down; fill the pan with **¼ inch of water**. Roast 32 to 35 minutes, or until the cut sides are tender when pierced with a fork. Remove from the oven and set aside to cool.

3



## Make the garlic knots:

While the squash roasts, lightly oil the bottom of a sheet pan. Cut the **dough** into 6 equal-sized pieces. Using your hands, gently roll each piece into a 6-inch log. Carefully tie each piece into a large knot. Place the knots onto the prepared pan in a single layer. Bake 13 to 15 minutes, or until lightly browned. Remove from the oven. While the knots roast, in a large bowl, combine **up to ¼ of the garlic paste** and **1 tablespoon of olive oil**. Season with salt and pepper to taste. Add the baked knots and toss to coat. Letting any excess oil drip off, transfer to two dishes; set aside in a warm place.

4



## Make the sauce:

In a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **onion**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until slightly softened. Add the **mushrooms** and **olives**; season with salt and pepper. Cook, stirring occasionally, 4 to 5 minutes, or until softened. Add the **tomatoes**, **remaining garlic paste** and **¼ cup of water**; season with salt and pepper. Cook, stirring occasionally, 7 to 9 minutes, or until slightly thickened. Turn off the heat and stir in **half the oregano**; season with salt and pepper to taste.

5



## Separate the squash into strands:

Once the **roasted squash** is cool enough to handle, carefully transfer a large bowl. Using a fork, gently pull out the flesh to create long, thin strands; discard the shells. Separate any clumps. (The result should resemble cooked spaghetti.)

6



## Finish the squash & plate your dish:

To the pan of sauce, add the **butter**, **¼ cup of water** and **squash strands**. Cook on medium-high, stirring occasionally, 2 to 3 minutes, or until combined; season with salt and pepper to taste. Divide between 2 dishes; garnish with **half the cheese** and **half the remaining oregano** (you will have extra). Garnish the **garlic knots** with the **remaining cheese**. Serve with the finished squash. Enjoy!