

To contrast the sweet flavors of our spaghetti squash—a special variety whose flesh transforms into delicate, spaghetti-like strands when cooked—we're tossing it in a savory fresh tomato sauce and topping it all with crisp prosciutto and rich eggs.

Ingredients

- 3 oz Prosciutto
- 2 Pasture-Raised Eggs
- 1 Spaghetti Squash
- 2 cloves Garlic
- 2 Scallions
- 4 oz Grape Tomatoes

- 2 Tbsps Mascarpone Cheese
- 2 Tbsps Butter
- 1/4 cup Grated Parmesan Cheese
- * 1/4 tsp Crushed Red Pepper Flakes

Wellness at Blue Apron

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CARB CONSCIOUS
600 CALORIES OR LESS



1 Prepare & cook the spaghetti squash

- If you prefer to use an oven to cook the squash instead of a microwave, place an oven rack in the center of the oven; preheat to 450°F.
- Fill a medium pot ¾ of the way up with water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Using a sharp, sturdy knife, carefully halve the squash lengthwise. Using a spoon, scoop out and discard the pulp and seeds. Drizzle the cut sides with olive oil; season with salt and pepper.
- Microwave or oven:

MICROWAVE: Working in two batches if necessary, transfer the prepared squash to a microwave-safe baking dish, cut side down. Fill with 1/2 inch of water. Microwave on high 8 to 10 minutes, or until the flesh easily pulls away from the skin.

OVEN: Line a sheet pan with parchment paper (or foil). Transfer the prepared squash to the sheet pan, cut side down. Roast 25 to 35 minutes, or until the skin is lightly browned and the flesh easily pulls away from the skin.

• Transfer the **cooked squash** to a large bowl to cool slightly.

2 Prepare the remaining ingredients

- Meanwhile, stack the prosciutto (removing the plastic lining between the slices), then thinly slice crosswise.
- Peel and roughly chop 2 cloves of garlic.
- Thinly slice the scallions, separating the white bottoms and hollow green tops.
- Halve the tomatoes.

3 Cook the eggs

- Carefully add the eggs to the pot of boiling water. Cook 7 minutes for softboiled, or until your desired degree of doneness.
- Drain thoroughly and rinse under cold water 30 seconds to 1 minute to stop the cooking process.
- When cool enough to handle, peel the cooked eggs. Season with salt and pepper.



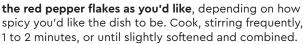


4 Crisp the prosciutto

- Meanwhile, in a large pan (nonstick, if you have one), heat a drizzle of olive oil on medium-high until hot.
- Add the sliced prosciutto. Cook, stirring frequently and breaking apart any clumps, 4 to 5 minutes, or until crispy.
- Leaving any browned bits (or fond) in the pan, transfer to a paper towel-lined plate.

5 Make the sauce

- Heat the pan of reserved fond on medium-high until hot (if the pan seems dry. add 1 tablespoon of olive oil).
- Add the sliced white bottoms of the scallions. chopped garlic, halved tomatoes, and as much of



- Add 1/4 cup water (carefully, as the liquid may splatter). Cook, stirring occasionally, 1 to 2 minutes, or until the water has cooked off.
- Turn off the heat.

6 Finish the spaghetti squash & serve your dish

- When cool enough to handle, using a fork, scrape the flesh of the cooked squash into the bowl; separate any clumps. Discard the skins.
- Add the squash strands, butter, and mascarpone to the pan of sauce; season with salt and pepper. Cook
- on medium-high, stirring frequently, 2 to 3 minutes, or until combined and the butter is melted.
- Turn off the heat. Taste, then season with salt and pepper if desired.
- Divide the **finished spaghetti squash** between two serving dishes and top with the crisped prosciutto and seasoned eggs. Garnish with the sliced green tops of the scallions and parmesan. Enjoy!





Calories: 500, Total Carbohydrates: 24g, Dietary Fiber: 5g, Added Sugars: 0g, Total Fat: 36g, Saturated Fat: 19g, Protein: 27g, Sodium: 1120mg.

**See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

Produced in a facility that processes

crustacean shellfish, egg, fish, milk,