

# Spaghetti Squash & Crispy Prosciutto

with Tomatoes & Soft-Boiled Eggs

2 SERVINGS











⌚ 30-40 MINS

 **Blue Apron**  
blueapron.com



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
-  ¼ cup Grated Parmesan Cheese
-  ¼ tsp Crushed Red Pepper Flakes

## Wellness at Blue Apron

To find out more about Wellness at Blue Apron visit us at [blueapron.com/pages/wellness](https://blueapron.com/pages/wellness)

**CARB CONSCIOUS**  
600 CALORIES OR LESS



Serve a bottle of Blue Apron wine with this symbol: Fruity & Savory.  
[blueapron.com/wine](https://blueapron.com/wine)



## 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  $\frac{3}{4}$  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  $\frac{1}{2}$  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 soft-boiled, 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 the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring frequently, 1 to 2 minutes, or until slightly softened and combined.
- Add  $\frac{1}{4}$  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!



### NUTRITION PER SERVING (AS PREPARED)\*\*

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).

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Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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