

Spaghetti Squash Stir-Fry

with Vegetables, Eggs & Tamarind-Peanut Sauce

2 SERVINGS













25-35 MINS

 **Blue Apron**
blueapron.com



This dish features spaghetti squash—a special variety whose flesh transforms into delicately sweet, spaghetti-like strands when cooked—perfectly suited for a savory stir-fry inspired by the rich flavors and ingredients of Pad Thai.

Ingredients

-  2 Pasture-Raised Eggs
-  1 Spaghetti Squash
-  2 cloves Garlic
-  6 oz Carrots
-  10 oz Baby Bok Choy
-  2 Scallions
-  2 tsps Tamarind Paste
-  1 Tbsp Soy Sauce
-  1 Tbsp Sambal Oelek
-  1 Tbsp Smooth Peanut Butter Spread
-  3 Tbsps Roasted Peanuts
-  4 tsps Honey

Wellness at Blue Apron

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VEGETARIAN

WW™ APPROVED



SmartPoints® value per serving



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CARB CONSCIOUS

600 CALORIES OR LESS



Serve a bottle of Blue Apron wine with this symbol: Crisp & Minerally.
blueapron.com/wine

1 Prepare & cook the spaghetti squash

- Remove the **honey** from the refrigerator to bring to room temperature.
- 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.
- 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:** Working in two batches, transfer the **prepared squash** to a microwave-safe baking dish, cut side down. Fill with **½ 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 & make the sauce

- Meanwhile, cut off and discard the root ends of the **bok choy**; thinly slice, separating the stems and leaves.
- Peel the **carrots**; thinly slice on an angle.
- Peel and roughly chop **2 cloves of garlic**.
- Thinly slice the **scallions** on an angle, separating the white bottoms and hollow green tops.
- Crack the **eggs** into a bowl. Season with salt and pepper; beat until smooth.
- In a separate bowl, whisk together the **peanut butter spread**, **soy sauce**, **honey** (kneading the packet before opening), **tamarind paste**, **2 tablespoons of warm water**, and **as much of the sambal oelek as you'd like**, depending on how spicy you'd like the dish to be.



3 Cook the vegetables & eggs

- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced bok choy stems** and **sliced carrots**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until slightly softened.
- Add the **sliced bok choy leaves**, **chopped garlic**, and **sliced white bottoms of the scallions**. Season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until softened.
- Move the vegetables to one side of the pan. Add a drizzle of **olive oil** to the other side, then add the **beaten eggs**. Cook, constantly stirring the eggs, 1 to 2 minutes, or until cooked through.
- Stir the vegetables and eggs to thoroughly combine. Turn off the heat.



4 Separate the squash into strands

- When cool enough to handle, using a fork, scrape the flesh of the **cooked squash** into the bowl; separate any clumps. Discard the skins.



5 Finish & serve your dish

- Add the **squash strands** and **sauce** to the pan of **cooked vegetables and eggs**. Cook on medium-high, stirring frequently, 1 to 2 minutes, or until thoroughly combined.
- Turn off the heat. Taste, then season with salt and pepper if desired.
- Serve the **finished stir-fry** garnished with the **peanuts** and **sliced green tops of the scallions**. Enjoy!



NUTRITION PER SERVING (AS PREPARED)**

Calories: 480, Total Carbohydrates: 51g, Dietary Fiber: 10g, Added Sugars: 12g, Total Fat: 24g, Saturated Fat: 5g, Protein: 20g, Sodium: 1410mg.

**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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