

# Vegetable Pad Thai

with Spaghetti Squash  
& Bok Choy

**TIME:** 50-60 minutes

**SERVINGS:** 2

The famed Thai noodle dish gets a fall twist with the addition of spaghetti squash—named for its resemblance to the long strands when cooked. We're roasting it, then finishing it with traditional vegetables like bok choy, ginger, and scallions in a sauce brimming with tangy, sweet, and savory flavors. A garnish of dried mung beans (typically used to grow bean sprouts) brings delicious crunch to every bite.



## MATCH YOUR BLUE APRON WINE



Light & Fresh

Serve a bottle with this symbol for a great pairing.



## Ingredients



2  
CAGE-FREE  
FARM EGGS



6 oz  
FRESH WONTON  
NOODLES



1  
LIME



6 oz  
CARROTS



2 Tbsps  
DRIED MUNG  
BEANS



2 Tbsps  
SOY GLAZE



2 tsps  
GOLDEN  
MOUNTAIN SAUCE



6 oz  
BABY BOK CHOY



1  
SPAGHETTI  
SQUASH



1 bunch  
MINT



2  
SCALLIONS



1 Tbsp  
TAMARIND  
CONCENTRATE



1 Tbsp  
SAMBAL OELEK



1 1-inch piece  
GINGER

## KNICK KNACKS:



Download our iOS or Android app, or log in to [blueapron.com](https://blueapron.com) for how-to videos and supplier stories.





## 1 Prepare & roast the squash:

- ☐ Place an oven rack in the center of the oven, then preheat to 450°F. Fill a medium pot with water and add a **pinch of salt**; 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. Transfer to a baking dish. Drizzle the cut sides with olive oil; season with salt and pepper. Arrange cut side down. Fill the baking dish with **1/4 inch of water**. Roast 32 to 35 minutes, or until the cut side of the squash is tender when pierced with a fork. Remove from the oven.

## 2 Prepare the remaining ingredients & make the sauce:

- ☐ While the squash roasts, peel and finely chop the ginger.
- ☐ Cut off and discard the root ends of the scallions; thinly slice on an angle, separating the white bottoms and green tops.
- ☐ Peel the carrots; thinly slice on an angle.
- ☐ Cut off and discard the root end of the bok choy; thinly slice crosswise.
- ☐ Pick the mint leaves off the stems; discard the stems.
- ☐ Quarter the lime.
- ☐ In a bowl, whisk together the **soy glaze, tamarind concentrate, Golden Mountain sauce, 1 tablespoon of water, the juice of 2 lime wedges, and as much of the sambal oelek as you'd like**, depending on how spicy you'd like the dish to be.
- ☐ Crack the eggs into a bowl; season with salt and pepper. Beat until smooth.

## 3 Cook the vegetables & eggs:

- ☐ While the squash continues to roast, in a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **ginger, white bottoms of the scallions, and carrots**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until slightly softened. Add the **bok choy** and cook, stirring occasionally, 2 to 3 minutes, or until softened. Move the vegetables to 1 side of the pan. Add 2 teaspoons of olive oil to the other side, then add the **eggs**. Cook, stirring the eggs frequently, 1 to 2 minutes, or until cooked through. Stir the vegetables and eggs to thoroughly combine. Turn off the heat and season with salt and pepper to taste.

## 4 Cook the noodles:

- ☐ While the vegetables cook, add the **noodles** to the pot of boiling water, stirring gently to separate. Cook 2 to 4 minutes, or until tender. Drain thoroughly and rinse under cold water to prevent sticking.

## 5 Separate the squash into strands:

- ☐ When cool enough to handle, using a fork, scrape the flesh of the **roasted squash** into a bowl; separate any clumps. (The result should resemble cooked spaghetti.) Discard the skins.

## 6 Finish & plate your dish:

- ☐ Add the **cooked noodles, 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 and season with salt and pepper to taste.
- ☐ Divide between 2 dishes. Garnish with the **mung beans, mint** (tearing the leaves just before adding), and **green tops of the scallions**. Serve with the **remaining lime wedges** on the side. Enjoy!