

Roasted Spaghetti Squash & Crispy Prosciutto

with Tomatoes & Soft-Boiled Eggs

2 SERVINGS | 30-40 MINS

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Ingredients

 3 oz Prosciutto

 4 oz Grape Tomatoes

 2 Tbsps Mascarpone Cheese

 ¼ tsp Crushed Red Pepper Flakes

 2 Pasture-Raised Eggs

 2 cloves Garlic

 ¼ cup Grated Parmesan Cheese

 1 Spaghetti Squash

 1 Shallot

 1 oz Butter

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1 Prepare & roast the spaghetti squash

- Place an oven rack in the center of the oven; preheat to 450°F.
- Fill a small 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, cut off the top and bottom of the **squash** to create a flat surface; turn the squash upright. Starting at the top, slice downward to 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.
- Line a sheet pan with foil. Transfer the **prepared squash** to the foil, 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 **roasted 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 finely chop the **shallot**.
- Peel and roughly chop **2 cloves of garlic**.
- Halve the **tomatoes**.



3 Cook the eggs

- Carefully add the **eggs** to the pot of boiling water and 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 **chopped shallot, 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 of 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 **roasted squash** into the bowl; separate any clumps. Discard the skins.
- To the pan of **sauce**, add the **squash strands, butter, and mascarpone**; season with salt and pepper. Cook on medium-high, stirring frequently, 2 to 3 minutes, or until combined and the butter is melted.
- Serve the **finished spaghetti squash** topped with the **crisped prosciutto** and **seasoned eggs**. Garnish with **half the parmesan** (you will have extra). Enjoy!

