
Spaghetti Squash with Sundried Tomato Butter

Total time: 45 min Yield: 2 servings

Ingredients

1 lb unsalted butter (softened)
3 Tbsp Thai basil (divided)
1/4 cup sundried tomatoes (bottled in oil, julienned)
1 lemon (zested and juiced)
2 Tbsp garlic (minced)
3 Tbsp Italian parsley (finely chopped, divided)
2 Tbsp Parmesan cheese (finely grated, divided)
1 1/2 lb spaghetti squash (whole)
1/4 cup olive oil (divided)
Hawaiian sea salt (finely crushed)
black pepper (finely ground)
lemon slices (sauteed)

Prep Time: 20 min Cooking Time: 25 min Total Time: 45 min

Instructions

In a mixing bowl, combine the butter, 2 tbsp. Thai basil, sundried tomatoes, lemon juice and zest, garlic, 2 tbsp. Italian parsley and 1 tbsp. Parmesan cheese. Form the compound butter into a block and wrap well in parchment paper. Label and date your package and place into the freezer.

Preheat oven to 350°F. Cut squash in half lengthwise and discard the seeds. Rub the inside of each half of the squash with 1 tbsp. olive oil and season with salt and pepper. Place the squash onto a parchment paper-lined sheet pan, skin side up and roast in the oven for 10 to 12 minutes, or until tender. Shred with a fork. Cool until easy to handle. Using a long fork, scrape the squash to make thin strands that resemble spaghetti noodles. Place in a bowl, then into the refrigerator to cool.

Add 1 tbsp. olive oil to a large sauté pan over medium-high heat. Add the chilled spaghetti squash and cook for 1 to 2 minutes. Add 1 tbsp. frozen compound butter and sauté until everything comes together; season to taste with salt and pepper. Do not overcook as the butter will separate if the pan is too hot.

Serve hot, garnished with sautéed lemon slices and 1 tbsp. each chopped parsley, Thai basil and Parmesan cheese. Enjoy this dish with a glass of pinot grigio.

Recipe brought to you by:

Chef Adam Tabura