



Cooking Made Easy

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## Spaghetti Squash Sauté

with Portobello Steaks, Walnuts & Goat Cheese



Who needs pasta when you've got delicious spaghetti squash? When roasted, this unique squash produces perfect spaghetti-like strands, ideal for tossing with plenty of Parmesan cheese. And because one cheese is never enough, we're also sprinkling this dish with tangy goat cheese for good measure. A hearty Portobello steak on top is the finishing touch!



40 min



level 1



veggie



gluten free



Spaghetti Squash



Red Onion



Scallions



Walnuts



Goat Cheese



Portobello Mushrooms



Parmesan Cheese



Garlic

Ingredients	2 People	4 People
Spaghetti Squash	1	2
Red Onion	1	2
Scallions	2	4
Walnuts	1) 1 oz	2 oz
Goat Cheese	2) ½ C	1 C
Parmesan Cheese	2) ¼ C	½ C
Portobello Mushrooms	2	4
Garlic	2 cloves	4 cloves
Olive Oil*	2 T	4 T

\*Not Included

### Allergens

- 1) Nuts
- 2) Milk

### Tools

Baking Sheet, Medium Pan, Medium Bowl

Ruler

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**Nutrition per person** Calories: 501 cal | Carbs: 40 g | Fat: 34 g | Protein: 18 g | Fiber: 9 g



**1** Preheat oven to 400 degrees. Halve the **spaghetti squash** lengthwise, then remove seeds. Place cut side-down on a lightly oiled baking sheet and roast for 35 minutes, until tender.



**2** While the squash roasts, halve peel, and thinly slice the **red onion**. Thinly slice the **scallions**, keeping whites and greens separate. Mince or grate the **garlic**.



**3** Heat 1 tablespoon **olive oil** in a medium pan over medium heat. Add the **onion** and cook, tossing, 6-7 minutes, until slightly caramelized. Season with **salt** and **pepper**. Add the **garlic** and **scallion whites** to the pan and cook another 1 minute, until fragrant. Set aside in a medium bowl.

**4** In the same pan, heat another 1 tablespoon **olive oil** over medium heat. Add the **Portobello steaks** and cook 4-5 minutes per side, until very soft. Season with **salt** and **pepper**. Thinly slice and set aside.



**5** Wipe out the pan with a paper towel. Add the **walnuts** over low heat and cook, tossing, until toasted and fragrant, 2-3 minutes. Set aside in the bowl with the onions.

**6** When the **spaghetti squash** is finished cooking and cool enough to handle, scrape flesh with a fork into the bowl with the **onions** and **walnuts**. Toss in the **Parmesan cheese** until thoroughly combined, then season generously with **salt** and **pepper**.

**7** Serve the **spaghetti squash** topped with the sliced **Portobello steaks** and sprinkled with **goat cheese** and **scallion greens**. Enjoy!