



More than Food

hellofresh.com | hello@hellofresh.com

© 2015 HelloFresh. Share your masterpiece! Tag your photos with #HelloFreshPics and share on [f](#) [t](#) [i](#). You'll be entered into our weekly photo contest!

## Creamy Spaghetti Squash Noodles

with Mushrooms, Zucchini, and Oregano

There's no cream OR pasta in this creamy noodle dish. Instead, lite coconut milk and healthy spaghetti squash sub in. You'll be shocked by coconut milk's subtle flavor; all you'll taste is creamy, delicious goodness.



45 min



level 1



nut free



gluten free



veggie



Spaghetti Squash



Zucchini



Button Mushrooms



Oregano, fresh



Parmesan, shredded



Lite Coconut Milk

## Ingredients

	2 People	4 People
Spaghetti Squash	32 oz	64 oz
Zucchini	1	2
Button Mushrooms	4 oz	8 oz
Oregano, fresh	¼ oz	½ oz
Parmesan, shredded	1) ¼ cup	½ cup
Lite Coconut Milk	1 can	2 cans
Oil*	1 T	2 T

\*Not Included

## Allergens

1) Milk

## Tools

Baking Sheet, Large Pan, Large Bowl

Ruler

0 in ¼ in ½ in ¾ in 1 in

**Nutrition per person** Calories: 459 cal | Carbs: 45 g | Fat: 27 g | Protein: 12 g | Fiber: 9 g | Sodium: 425 mg

Make sure to wash and dry produce before prepping or cooking!



**1 Roast the squash:** preheat the oven to 400 degrees. Halve the **spaghetti squash** through the stem, then scoop out the seeds. Drizzle the flesh of the **squash** with **olive oil**, then season with **salt** and **pepper**. Place the **squash** halves flesh side down on a lightly oiled baking sheet and place in the oven for 30-40 minutes, until very tender.



**2** Halve the **zucchini** lengthwise, then thinly slice into half moons. Thinly slice the **mushrooms**. Roughly chop the **oregano** leaves, discarding the stems.



**3** Heat a **drizzle of olive oil** in a large pan over medium-high heat. Add the **mushrooms** to the pan and cook, tossing, for 4-5 minutes, until golden brown. Add the **zucchini**, **half the oregano**, and another **drizzle of olive oil** to the pan and cook, tossing, another 4-5 minutes, until softened. Season with **salt** and **pepper**.

**4** Add the **coconut milk** to the pan and bring to a simmer over medium-low heat. Remove the pan from the heat.



**5 Make the spaghetti squash noodles:** when the **spaghetti squash** is tender, let it cool slightly, then scoop the flesh into the **coconut milk mixture** with a fork. Reserve the **squash shells** for serving! Add the **Parmesan cheese** to the pan and toss to thoroughly combine. Taste and season with **salt** and **pepper**.

**6** Serve the **creamy spaghetti squash noodles** inside the **squash shells** and garnish with the **remaining oregano**. Enjoy!