



Chicken and Spaghetti Squash Bake

with Mozzarella and Parmesan

For a lighter-feeling alternative to traditional pasta, we love cooking with spaghetti squash. Once roasted and raked with a fork or tongs, the seasonal veggie falls apart into spaghetti-like strands. Here, we toss it with Parmesan and a hearty chicken and tomato ragù, then top with a blanket of mozzarella and bake until melty.

45–55 minutes 700 calories per serving

Ingredients

2½ pounds spaghetti squash
 ¼ ounce parsley
 3 cloves garlic
 12 ounces ground chicken
 1 can crushed tomatoes
 4 packets unsalted butter
 ½ ounce grated Parmesan cheese,
 divided
 1 ounce shredded mozzarella cheese

You'll need

olive oil
 kosher salt
 black pepper
 aluminum foil
 baking sheet
 10" medium high-sided ovenproof pan

Recipe tips

Be sure to read through the entire recipe before you begin cooking. Trust us—you'll be glad you did!

Raw spaghetti squash can be tough to cut into. Try piercing the squash all over with a fork and microwaving in 30-second intervals to soften slightly before halving.

Spaghetti squash can vary in size, so we've provided a wider time range for roasting. Flip the squash over and pierce the flesh with a fork—if it doesn't go in easily, the squash needs more time.

The chicken might have a slight odor as a natural reaction to its vacuum packing. USDA recommends cooking ground chicken to 165°F.

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 1901-6101-2P



1. Roast spaghetti squash

Preheat oven to 450°F. Rinse all produce. Halve **spaghetti squash** lengthwise, if needed (see recipe tip), then scoop out and discard seeds. Line a baking sheet with foil and add **squash**, cut-side up. Drizzle with **1 tablespoon olive oil** and season with **½ teaspoon salt and pepper** as desired. Arrange **squash** cut-side down and roast until tender, 25–35 minutes (see recipe tip). Then, set aside to cool slightly, 5–10 minutes.



4. Simmer chicken ragù

Increase heat under pan with chicken to high and bring to a boil, then reduce heat to medium high. Simmer, stirring occasionally, until slightly thickened, 5–7 minutes. Add **butter** and cook, stirring, to combine, 1 minute more (adding the butter at the end of cooking helps the ragù and butter emulsify for creamier texture). Season with **¼ teaspoon salt and pepper**; remove pan from heat. Reserve **half of chicken ragù** in a medium bowl, leaving behind remainder in pan.



2. Prepare ingredients

While spaghetti squash roasts, finely chop **parsley** leaves and stems. Mince **garlic**.



3. Cook chicken

Heat **½ tablespoon olive oil** in a medium high-sided ovenproof pan over medium-high heat. When oil is shimmering, add **garlic**. Sauté, stirring, until fragrant, about 1 minute. Add **chicken** and cook, breaking up, until browned, about 5 minutes. Add **crushed tomatoes and their juices, ½ teaspoon salt, and pepper** as desired; stir to combine.



5. Shred and toss squash

While ragù simmers, using a large fork or tongs, pull roasted **squash flesh** to create spaghetti-like strands, raking back and forth until you've reached the outer skins. Discard **skins**. Transfer **spaghetti squash flesh** to pan with remaining chicken ragù, along with **half of Parmesan**. Toss to combine, then spread in an even layer. Top with **reserved chicken ragù**, spreading evenly, then sprinkle over **mozzarella**.



6. Bake and plate chicken and squash

Bake **chicken and spaghetti squash** until warmed through and mozzarella is melted and golden, 5–6 minutes (this is a great time to get a head start on dishes). Garnish with **parsley** and **remaining Parmesan**. Transfer **chicken and spaghetti squash bake** to serving plates, or serve family-style, directly from pan. Enjoy!

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