

# Spaghetti Squash

## Thai Style

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### INGREDIENTS:

✓ Available for purchase in the PureFormulas Store

#### For the spaghetti squash

- 1 spaghetti squash
- Olive oil ✓
- 1 large head of broccoli
- 5 bok choy leaves chopped
- 1 cup edamame beans

- 1/2 tablespoon ginger
- 1 tablespoon raw coconut aminos ✓ (or soy sauce)
- 1/2 tablespoon balsamic vinegar
- 1/2 tablespoon honey ✓
- 1/2 teaspoon white pepper

#### For the sauce

- 1 cup coconut milk
- 3 garlic cloves
- 1/2 cup peanut butter ✓

#### To garnish

- 1/4 cup green onions
- 1/2 cup chopped peanuts

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### DIRECTIONS:

1. Preheat oven to 400 degrees F.
2. Cut spaghetti squash in half, remove the seeds, drizzle with a little olive oil, and place on baking sheet covered with aluminum cut side down. Optional: you can also cook the squash first and then cut in half and remove seeds.
3. Cook squash until tender. Depending on the size, it takes about an hour to cook. Leave for longer if when you scrape with a fork, the strands don't come out easily.
4. In a medium pan, steam the edamame beans and broccoli with a little bit of water in medium heat and set aside.
5. In a medium pan, stir-fry with very little olive oil the bok choy leaves and set aside.
6. Let spaghetti squash cool for a few minutes and scrape with fork around the edges until you are able to separate the spaghetti squash from the peel and place it in a plate to serve (it should look a little like spaghetti).
7. In a blender, mix the sauce ingredients until smooth and pour over spaghetti squash.
8. Add the edamame beans, broccoli, bok choy, and top with peanuts and green onions.