

Roasted Spaghetti Squash with Caramelized Shallots

www.mortarandparsley.com



Roasted Spaghetti Squash with Caramelized Shallots

[Prep: 10mins / Cook: 45mins / TOTAL: 55mins]

[2 dinner servings, 4 side servings]

- 1 spaghetti squash, cut in half lengthwise and cleaned out
- 3 large shallots peeled and cut in half lengthwise
- 1/2 cup spinach, washed and roughly chopped
- 1/2 cup kale, washed, stemmed and roughly chopped
- 1/2 cup feta, crumbled or chopped into small cubes
- 3-4 sprigs fresh mint
- 2 1/2 tablespoons extra virgin olive oil
- 3 tablespoons butter
- 3 tablespoons red wine vinegar
- 1 1/2 tablespoons sugar
- 1 teaspoon salt
- 1 teaspoon fresh ground pepper

Preheat oven to 400°.

Cut the spaghetti squash in half lengthwise and clean out the seeds and pulp with a spoon. Transfer the 2 halves on a baking sheet and spread 1 1/2 tablespoons of olive oil over the surface of the squash and

season with a few dashes of salt and some freshly ground pepper. Put in the oven and set the timer to 30 minutes.

Peel the shallots and cut in half lengthwise. Put a small skillet over med-high heat and melt the 3 tablespoons of butter. Once melted add the shallots to the butter and let them sit for 1 minute, spooning the butter over the tops of the shallot halves. After letting them sit, flip over and add the sugar. The shallots will start to brown and caramelize faster with the help of the added sugar. Let sauté for 8 minutes longer, about 10 minutes total, stirring often, the shallots will begin to fall apart. Season with a few dashes of salt and some fresh ground pepper. Remove the shallots from the heat and add the red wine vinegar. Return to the heat and stir vigorously, scraping up all the bits stuck to the bottom of the skillet. The shallots will start to break down even more and the vinegar will deglaze the skillet. Turn off the heat.

When the 30-minute timer goes off you'll want to add the shallot mixture to the oven. Transfer the shallots to a small ovenproof platter. Set the timer for 15 minutes.

Rinse both the spinach and kale. Stem the kale and roughly chop both of the greens. Using the same skillet [no need to clean it, the skillet is well seasoned by the shallots] turn the heat to medium and add 1 tablespoon olive oil. After 1 minute, add the greens, stirring often. You just want to wilt the spinach and kale a little, sauté for amount 3 minutes, then remove from heat.

Once the spaghetti squash is ready, after 45 minutes or so of roasting - it should be fork tender, remove it from the oven and let cool for 5 minutes. Removed the shallots from the oven as well. Shred the squash with a fork, it will break up into spaghetti like segments, so that all you have left is the skin. Transfer the "spaghetti" to a bowl and incorporate the wilted greens. Add 1/2 of the shallots, crumbled feta and torn mint leaves. Mix well.

When you are ready to plate the dish incorporate the rest of the shallot mixture, feta, and mint as a topping on eat serving and finish with some fresh ground pepper.

This dish is best when served warm, but it's also great the next day right out of the fridge.