



20-Min: Spaghetti Squash Peanut "Noodles"

with Green Leaf Lettuce



ca. 20min



2 Servings

We're reinventing lettuce cups with one of our favorite easy prep ingredients—spaghetti squash! The thin strands of spaghetti squash perfectly mimic noodles while adding some tasty and nutritious benefits. We coat the "noodles" in a creamy homemade peanut butter dressing, alongside bell pepper and snow peas, before spooning it all into lettuce cups. Cilantro and chopped peanuts provide the finishing touch to each crunchy bite.

What we send

- ¾ oz pkt coconut milk powder ^{7,15}
- 12 oz spaghetti squash
- 1 bell pepper
- 4 oz snow peas
- garlic
- 1 lime
- 1.15 oz peanut butter ⁵
- ½ oz tamari soy sauce ⁶
- ¼ oz fresh cilantro
- 1 oz salted peanuts ⁵
- 1 head green leaf lettuce

What you need

- sugar
- kosher salt & ground pepper

Tools

- microplane or grater

Allergens

Peanuts (5), Soy (6), Milk (7), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 340kcal, Fat 18g, Carbs 39g, Protein 16g



1. Prep coconut milk

In a large bowl, whisk to combine **2 tablespoons hot water, coconut powder**, and **1 teaspoon sugar**. Set aside to allow coconut to dissolve.



2. Make sauce

Transfer **spaghetti squash** to a plate. Remove skin and squeeze out any extra water. Gently scrape with a fork to pull apart into thin strands.

Halve **bell pepper**, remove stem and seeds, and cut into thin strips. Thinly slice **snow peas**.

Finely grate **½ teaspoon garlic**.



3. Make dressing

To bowl with **coconut milk**, squeeze **1 teaspoon lime juice**; cut remaining lime into wedges. Add **peanut butter, garlic**, and **tamari**; whisk until smooth. Season to taste with **salt** and **pepper**.

Reserve **1 tablespoon dressing** and thin out with ½ teaspoon water, if necessary.



4. Prep garnish

Coarsely chop **cilantro** and **peanuts**, keeping separate.

Separate **lettuce leaves** and transfer to a plate.



5. Assemble

Add **spaghetti squash, bell pepper**, and **snow peas** to bowl with **peanut sauce** and toss to coat. Spoon some of the peanut noodles into **lettuce leaves**.

Garnish **lettuce cups** with **cilantro** and **chopped peanuts**. Drizzle with **reserved peanut dressing** and serve with **lime wedges** on the side.



6. Serve

Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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