



20-Min: Chicken Ragù

with Spaghetti Squash Noodles & Spinach Salad



ca. 20min



2 Servings

Weeknight pasta cravings just got healthier—and faster—thanks to spaghetti squash and chicken sausage. We make our own sausage with ground chicken and spices like fennel seeds, then simmer it in a garlicky marinara sauce. No need for boiling pasta when the squash needs only a minute in the microwave and a few scrapes of a fork. Spice things up at the end with a sprinkling of hot chili flakes!

What we send

- 10 oz pkg ground chicken
- ¼ oz poultry seasoning
- ¼ oz fennel seeds
- garlic
- 1 lemon
- 3 oz baby spinach
- 8 oz marinara sauce
- ¾ oz Parmesan ⁷
- 12 oz pkg spaghetti squash
- 1 pkt crushed red pepper

What you need

- kosher salt & ground pepper
- olive oil
- sugar

Tools

- medium nonstick skillet
- microplane or grater
- microwave

Allergens

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 520kcal, Fat 30g, Carbs 29g, Protein 41g



1. Make chicken sausage

In a medium bowl, mix together **chicken**, **half of the poultry seasoning and fennel seeds**, **½ teaspoon salt**, and **a few grinds of pepper**.

Thinly slice **2 large garlic cloves**.

Into a second medium bowl, squeeze **1 tablespoon lemon juice**. Whisk in **2 tablespoons oil** and **a pinch of sugar**; season to taste with **salt** and **pepper**. Place **spinach** over top but do not toss.



4. Heat spaghetti squash

Finely grate **Parmesan**.

Transfer **spaghetti squash** to a microwave-safe dish. Remove outer peel, then gently pull apart with a fork into thin strands. Microwave until heated through, about 1 minute.



2. Cook chicken sausage

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **chicken** and cook, breaking up into smaller pieces, until browned, 5-7 minutes.



3. Make ragù

Add **marinara sauce**, **sliced garlic**, and **1 tablespoon water** to **chicken**. Bring to a boil, then reduce heat. Simmer, partially covered, until flavors meld, about 5 minutes.



5. Finish

Season **chicken ragù** to taste with **salt** and **pepper**.

Add **1 tablespoon Parmesan** to **spinach** and toss to coat with **vinaigrette**.

Serve **chicken ragù** over **spaghetti squash** sprinkled with **red pepper flakes** and **remaining Parmesan**. Serve **spinach salad** alongside.



6. Serve

Enjoy!

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

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