



Fast! 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. Italian chicken sausage simmers 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

- ½ lb uncased Italian chicken sausage
- 1 pkt fried garlic
- 1 lemon
- 3 oz baby spinach
- 2 (8 oz) marinara sauce
- ¾ oz Parmesan ⁷
- 2 (12 oz) pkgs 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. Prep salad

In a 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 **all of the 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.



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.



3. Make ragù

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



6. Serve

Enjoy!