

# MARLEY SPOON



## Fast! Chicken Ragù with Spaghetti Squash

& 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 herbs de Provence
- ¼ oz fennel seeds
- garlic
- 1 lemon
- 5 oz baby spinach
- 8 oz marinara sauce
- ¾ oz Parmesan <sup>7</sup>
- 2 (8 oz) 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 530kcal, Fat 30g, Carbs 26g, Protein 41g



### 1. Make chicken sausage

In a medium bowl, mix together **chicken**, **half of the herbs de provence 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.



### 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 **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.



### 6. Serve

Enjoy!