



Fast! Impossible Ground Ragù

with Spaghetti Squash Noodles & Spinach Salad

 ca. 20min  2 Servings

Weeknight pasta cravings just got healthier—and faster—thanks to spaghetti squash and Impossible ground. We make our own "sausage" with Impossible ground 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

- ½ lb pkg Impossible patties ⁶
- ¼ oz herbs de Provence
- ¼ oz fennel seeds
- garlic
- 1 lemon
- 5 oz baby spinach
- 8 oz marinara sauce
- ¾ oz Parmesan ⁷
- 1 pkt crushed red pepper
- 2 (8 oz) spaghetti squash

What you need

- kosher salt & ground pepper
- olive oil
- sugar

Tools

- medium nonstick skillet
- microplane or grater
- microwave

Allergens

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

Nutrition per serving

Calories 630kcal, Fat 39g, Carbs 42g, Protein 30g



1. Make Impossible "sausage"

In a medium bowl, mix together **Impossible patties, 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.** Add **spinach** over top; 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 Impossible "sausage"

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **Impossible ground sausage** 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 **Impossible ground sausage.** Bring to a boil, then reduce heat. Simmer, partially covered, until flavors meld, about 5 minutes.



5. Finish

Season **Impossible ground ragù** to taste with **salt and pepper.**

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

Serve **Impossible ground 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)

View the recipe online by visiting your account at marleyspoon.com    **#marthaandmarleyspoon**