

Sauteed Spaghetti Squash

Swick

Serves 1 | Active Time: 30 minutes | Total Time: 1 hour

Chef's Notes

Sautéed spaghetti squash makes a great side with chicken, pork and also fish. It is even a great canvas for sauces such as tomato sauce.

Step 1: Preparing the Spaghetti Squash

- 1 spaghetti squash (approx 3 lb/1.5 kg) To prepare the squash, carefully cut it in half lengthwise. Using a large spoon, scoop out and discard the seeds.

Step 2: Baking the Squash

- 1 cup water (approx) Place the squash cut-side down onto a lightly-greased baking sheet. Add about a half an inch of water to the pan. This is just to help steam the squash. Bake in 400°F (200°C) oven for about 45 minutes to an hour.

Step 3: Testing the Squash for Doneness

To test the squash for doneness, lightly press the skin and flesh. As soon as it starts to feel a bit soft to the touch and your finger leaves a slight indent, it is done.

Remove from the oven, flip over and let cool for a few minutes.

Step 4: Removing the Flesh

Once the squash is cool enough to handle, use a large spoon and gently remove the flesh. Work from side-to-side to scoop it out.

Many people use a fork to do this by scraping the squash across the grain, but this tends to break up the strands.

Step 5: Separating the Squash

Once all of the flesh has been removed, gently break up any really large pieces of squash.

Step 6: Rinsing the Squash

Rinse the squash under cold, running water and gently separate the strands with your fingers. Once done, drain the squash well to remove any excess water.

Rinsing the squash in water helps to remove any excess starch. It also helps to nicely separate the strands of squash.

Step 7: Sautéing the Squash

- 3 tbsp unsalted butter (approx)
- kosher salt (to taste)

Heat a large, non-stick pan over medium heat. Add a bit of butter, followed by a few handfuls of the squash (better to cook this in batches, so that the squash will sauté or fry, rather than steam).

Let the squash cook without touching it too much, as you don't want to break up the strands too much.

Step 8: Finishing the Squash

- 1/4 tsp nutmeg (or to taste)
- 1/4 cup freshly grated Parmesan cheese

Once the squash starts to heat through and take on just a touch of color, gently toss.

Grate a bit of fresh nutmeg and parmesan cheese over the squash. Let cook for a few more minutes or until the squash is nice and hot. Taste for seasoning and then serve immediately.