

BOB

'S RECIPES

SPAGHETTI SQUASH PAD THAI

by Bob the Chef

INGREDIENTS

- 1 spaghetti squash
- 15 ml (1 tbsp.) olive oil
- 1/2 onion, finely chopped
- 2 garlic cloves, minced
- 250 g grilled pork, chicken or shrimps
- 30 ml (2 tbsp.) brown sugar
- 45 ml (3 tbsp.) fish sauce
- 45 ml (3 tbsp.) rice vinegar
- 1 egg, beaten
- 3 green onions, minced
- 500 ml (1 cup) bean sprouts
- Spicy sauce to taste
- Salt and pepper, to taste
- Peanuts, coarsely chopped
- A few cilantro leaves

INSTRUCTIONS

1. Cut the spaghetti squash in half lengthwise, and scoop out the seeds.
2. Lay on a cooking sheet face down and grill in preheated oven at 190 °C (375 °F) for about 40 minutes (or until the flesh has softened).
3. Use a fork to scrape out the strands and reserve. Set aside the 2 halves of the squash once you are done.
4. Splash some oil in a pan over medium heat and sauté des onions after sprinkling a dash of salt (about 2 minutes)
5. Add the garlic and let cook for another 2 minutes
6. Mix in the pork and the squash strands. Add the brown sugar, the fish sauce and the vinegar and stir
8. Make a "hole" in the center of the pan to put the egg
9. Use a wooden spoon to scramble the egg with the rest of the ingredients
10. Add green onion, bean sprouts, spicy sauce and salt and pepper
11. Mix everything together and serve in the hollowed out halves of the squash. Garnish with peanuts and cilantro.



PREPARATION TIME: 15 minutes



BAKE: 45 minutes



SERVES: 2



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