

Southbury Farmers' Market Recipe

Spaghetti Squash Pad Thai

1 medium-sized spaghetti squash (about 3-4 pounds)	2 cups bean sprouts
7 tablespoons neutrally-flavored oil, such as canola or vegetable oil	2 bunches scallions, sliced
Kosher salt and freshly ground black pepper	6-8 tablespoons Pad Thai sauce (see below)
1 large red onion, thinly sliced	¾ cup peanuts, chopped
6 cloves garlic, finely minced	1 lime, cut into wedges
2 cups carrots, cut into tiny matchsticks	1/8 cup of chopped cilantro

Pad Thai Sauce

2 tablespoons light brown sugar

2 tablespoons fish sauce

2 tablespoons rice vinegar

1 lime, juiced (should yield about 1 tablespoon)

2 tablespoons tamarind nectar

1 clove garlic, minced

1. Prepare the Pad Thai Sauce. Combine brown sugar, fish sauce, rice vinegar, juice of 1 lime, tamarind nectar, minced garlic, and red pepper flakes (if using) in a small saucepan over medium low heat. Cook sauce, stirring occasionally, until brown sugar is completely dissolved (typically just when it begins to simmer). It should yield about 8 tablespoons of sauce.
2. Meanwhile, preheat your oven to 400°F. Cut the spaghetti squash in half with a large, sharp knife. Remove seeds and stringy guts, and brush the cut sides of the squash with 1 tablespoon of oil. Season with Kosher salt and freshly ground black pepper. Place spaghetti squash, cut side down, on a baking sheet and roast until tender and easily pierced with a knife, about 45-60 minutes.
3. To test if your squash is done, scrap the flesh with a fork. If the strands come off easily, it's done. Let the cooked spaghetti squash cool for about 5 minutes, then scrape all the flesh into a beautiful pile of spaghetti strands. Taste and season with some more Kosher salt and pepper if needed.
4. Add 4 tablespoons of oil to the pan. Once hot, add red onions and cook for 1 minute. Add garlic and cook for 1 minute, stirring constantly to avoid burning. Add carrots, bean sprouts, and scallions to pan and cook for one minute. Add 6 tablespoons of the Pad Thai sauce and stir.
5. Add cooked spaghetti squash and gently toss everything together and cook for 1-2 minutes. Taste and if Pad Thai needs more flavor, stir in the other 2 tablespoons of sauce.
6. Serve Pad Thai immediately with lime wedges, cilantro and chopped peanuts.

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