



Spaghetti Squash Pad Thai

Ingredients

For the Pad Thai:

1/2 medium spaghetti squash (from a 3-pound squash)
2 1/2 tbsp oil
8 ounces extra-firm tofu, diced
2 tbsp cornstarch
1/2 medium yellow onion, thinly sliced
2 large eggs, whisked
2 cloves garlic, minced
4 scallions, cut into 1-inch pieces
1/2 cup bean sprouts, plus more to serve

For the Pad Thai sauce:

2 tbsp tamarind paste (or rice wine vinegar)
2 tbsp fish sauce (or soy sauce)
2 tbsp of palm sugar or brown sugar
2 tbsp water

Garnishes for serving:

2 tbsp chopped peanuts (optional)
Lime wedges
Cilantro
Red pepper flakes

Note: Any extra cooked spaghetti squash can be eaten with your favorite pasta sauce.

Servings: 2

Total Time: 70 minutes

Directions

1. Preheat oven 375°.
2. In a bowl combine the tamarind paste, fish sauce, sugar and 2 Tbsps of water. Microwave for 30 seconds and whisk until combined. Measure 1/4 cup of sauce to be used for this recipe. Refrigerate remaining for later.
3. Cut the squash in half. Bake cut side down in a baking pan for 30 to 45 minutes until soft. Shred the inside with a fork and set aside. You will only need 3-4 cups of squash. Save the rest for later (See note).**
4. Toss the tofu in the cornstarch until evenly coated.
5. Heat a wok or large skillet over high heat. Add a tablespoon of oil and quickly swirl to coat pan. Add the tofu and stir-fry until golden on all sides, about 2 to 3 minutes. Transfer the cooked tofu to a plate.
6. Warm another half tablespoon of oil in the pan. Add onions and cook until soft and golden brown, remove from pan and set aside with tofu.
7. Scramble eggs in the pan. Once cooked, set aside with tofu and onion.
8. Warm the last half tablespoon of oil in the pan and add the garlic. Fry until fragrant, about 10 seconds. Add spaghetti squash to pan and spread into a single layer, cooking until squash is a golden color. Do not move the squash too frequently, waiting about 30 seconds between stirs.
9. Add 2 Tbsps of pad thai sauce to the pan and toss to coat squash evenly.
10. Add bean sprouts, tofu, onion and eggs to the pan. Stir until combined. Add more sauce if desired.
11. To serve, place noodles in the bowl and garnish with chopped peanuts, cilantro, red pepper flakes and lime wedges.