

“Butter” Chicken Spaghetti Squash Boats

From – www.ifoodreal.com

4 small spaghetti squash (about 1 ½ pounds each)
1 ½ pounds boneless & skinless chicken breasts, finely chopped
1 small onion, finely chopped
3 large garlic cloves, minced
1 Tbsp coconut or avocado oil
2 tsp garam masala
2 tsp dried ginger
1 tsp curry powder
1 tsp Himalayan pink salt
ground black pepper, to taste
3 oz (½ can) tomato paste
14 oz can coconut milk, full fat

- Preheat oven to 375F. Cut squash in half, scoop out the seeds and place cut side down on a baking sheet lined with unbleached parchment paper. Poke skin randomly with a fork and bake for 30 minutes.
- Preheat large skillet on medium heat and swirl oil to coat. Add garlic and onion; sauté for 3 minutes, stirring occasionally. Add garam masala, ginger, curry powder, salt and pepper; sauté for 30 seconds, stirring frequently.
- Add tomato paste and mix it well. Add coconut milk and stir until combined. Now add chicken, and stir to coat. Cover, cook for 15 minutes and turn off the heat.
- Remove cooked squash from the oven and turn it over. It will cool this way faster; about 10 minutes. To make “spaghetti”, grab one half wearing a mitt and separate the flesh into strands with a fork. Divide butter chicken mixture evenly among the boats, return to the oven and bake for another 10 minutes. Serve hot with extra whole wheat spaghetti on a side if you wish.



For more recipes visit us at
www.HealthyHarvestFarmCSA.com