

## VeraVia – Spaghetti Squash Pasta with Herbed Shrimp

**Serves 2**

### **Ingredients for Squash:**

1 spaghetti Squash  
1 head garlic  
Olive oil and butter  
Fresh herbs: thyme, parsley and sage  
Salt and pepper to taste

### **Method:**

- Halve raw spaghetti squash with a sturdy sharp knife, scoop out, and discard the squash pulp with a spoon.
- With a sharp knife, puncture skin and place halves onto an oven safe cooking dish face up.
- Clean head of garlic and thinly slice garlic.
- Spread garlic into inside of squash, salt and pepper vigorously, drizzle with a 50/50 mixture of olive oil, and butter (get the oil everywhere inside the squash).
- Place onto the upper middle rack of the oven for about 30-40 minutes. (You will know it is ready when the squash separates with little resistance from the skin).
- Remove from oven, and place in coldest location possible for at least 20 minutes, before separating from skin.
- Use a fork to scoop and separate squash strands, add any other ingredients you like at this point.

## **Ingredients for Shrimp:**

10 ea. peeled shrimp  
1 tbsp. butter  
1 tsp. fresh parsley, chopped plus more for garnish  
1 tsp. fresh thyme, chopped  
1 tsp. grated lemon peel  
1 tsp. garlic, minced  
Salt and pepper  
Optional: ¼ c. Manchego, Pecorino or Feta cheese

## **Method:**

- Heat oil in large skillet over high heat. Sprinkle shrimp with salt and pepper and add to skillet. Sauté until almost opaque in center, about 2 minutes. Add the garlic, herbs and lemon zest and continue to sauté until done.
- Transfer shrimp to spaghetti squash cavity and mix thoroughly with flesh. Drizzle with a teaspoon or two of olive oil and season to taste. Serve with extra freshly cracked pepper, chopped parsley and shaved Pecorino, Manchego or crumbled Feta.