



# SIMPLE, FRESH FARM BOX MEALS

OCT 10, 2022

*Simple recipes so we can eat well & support local agriculture*

## Spaghetti Squash & Cabbage Stir Fry

### YOU'LL NEED

- 3 Tbs. sesame oil
- 1 spaghetti squash - roasted
- 1/2 small onion
- 1 Tbs cloves garlic
- 1 broccoli - chopped
- 1 cup savoy cabbage -thin slice
- 2 Rainbow carrots - peeled & chopped
- 1 1/2in nub ginger - peeled & grated
- 3 Tbs soy sauce
- 2 Tbs rice vinegar or white vinegar
- 1 to 3 tsp red chili sauce, such as sriracha, to taste
- 1/4 tsp sea salt

### ALL YOU HAVE TO DO

- Roast the spaghetti squash.
  - Preheat oven to 400
  - Cut in half and scoop out seeds
  - Rub with oil, salt and pepper inside
  - Roast for 30-50 min till tender
- Once the spaghetti squash has finished roasting, allow it to cool off.
- Once cool enough to handle, use a fork to release the spaghetti squash strands.
- Heat the oil in a large skillet to medium heat add garlic and onion  
Chop the broccoli, cabbage, and carrots. Add the broccoli, cabbage and carrots, cover, and cook until vegetables have softened about 5 minutes.
- Add the spaghetti squash and the remaining ingredients. Continue cooking and stirring until ginger is fragrant, much of the liquid has evaporated about 3 to 5 minutes.
- Serve alongside your favorite entree.
- Optional Proteins: Chicken and shrimp are both great with this dish!

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