

Tomato Basil Spaghetti Squash with Pumpkin Seeds



 Serves: 4  Prep: 10 minutes  Cook: 45 minutes  [Stack Cup](#)

Recipe by [Kate Scarlata](#)

Metric

Imperial

ingredients

1 medium Spaghetti Squash

620 g

2 tbsp Garlic Infused Olive Oil

40 g

1 cup Canned Tomatoes, drained

250 g

¼ cup Pumpkin Seeds (Pepitas), roasted	35 g
¼ cup Parmesan Cheese	21 g
8 large Basil Leaves, chopped	4 g
Salt and Pepper, to taste	

Method

Step 1

Preheat oven to 190 C/375 F

Step 2

Cut unpeeled squash in half horizontally. Using a spoon or fork, scrape out the seeds and attached strands.

Step 3

Brush the inside of each squash half evenly with garlic oil.

Step 4

Place the sliced side of each squash down on a cooking sheet and place in pre-heated oven. Bake for 45 minutes or until you can easily pierce with fork.

Step 5

Remove squash from oven and let cool until easy to handle.

Step 6

With a fork, scrape out the spaghetti-like strands into a medium size bowl.

Step 7

Fold in diced tomatoes.

Step 8

Evenly distribute squash into serving dishes and garnish with pumpkin seeds, Parmesan and basil leaves.



