



SPAGHETTI SQUASH WITH KALE PESTO & GARLIC ROASTED LUPINI BEANS

SERVES 2 OR 4

TIME: 45 MIN

CALORIES: 520/SERVING



Lupini beans are an amazing source of plant based protein and fibre, and taste amazing roasted on top of our kale pesto spaghetti squash. Served with a creamy tangy kale and fennel slaw, this is an absolutely veggie-packed meal!

WHAT YOU'LL NEED

- 2 baking sheets
- 2 silicone baking mats (optional)
- Oil
- Salt
- Pepper



OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

WHAT'S INSIDE

	2 servings	4 servings
Spaghetti squash	1	1-2
Kale pesto	1/2 cup	1 cup
Lupini beans	1/2 cup	1 cup
Spice blend	2 tsp	4 tsp
Kale	1/2 bunch	1 bunch
Fennel bulb	1/2	1
Salad dressing	1/3 cup	2/3 cup



Preheat oven to 400°F and prep ingredients: halve and deseed the **squash**, rinse the **lupini beans**, stem and finely chop the **kale** and thinly slice the **fennel**.



Brush the inside of the **squash** with **oil** and season with **salt** and **pepper**. Place face down on a baking sheet lined with a silicone baking mat or lightly greased, and poke holes through the skin of the **squash** using a fork. Bake for 30-40 minutes until lightly browned on the outside and fork tender.



In the last 15 minutes of the squash's roast time, toss the **beans** with the **spice blend** and season with **salt** and **pepper**. Spread on another baking sheet lined with a silicone baking mat or lightly greased and roast for 10-15 minutes until slightly crispy.



Toss the **kale** with a splash of **oil** and **salt**. Using clean hands, massage the **kale** until it softens. Add the **salad dressing** and **fennel slices** and toss to mix.



When the **squash** is cooked, flip it so the cut side faces up, then use a fork to scrape and fluff the strands from the sides of the squash. Divide the **pesto** between the halves and mix to combine with the strands. Place in the oven for another 5 minutes to heat through. Top the **spaghetti squash** and the **salad** with **roasted beans**.

Nutrition Facts		Valeur nutritive	
Per Serving (525 g)			
pour 1 (525 g)			
Calories 520		% Daily Value*	
		% valeur quotidienne*	
Fat / Lipides 28 g			37 %
Saturated / saturés 4.0 g			20 %
+ Trans / trans 0 g			
Carbohydrate / Glucides 53 g			
Fibre / Fibres 19 g			68 %
Sugars / Sucres 17 g			17 %
Protein / Protéines 24 g			
Cholesterol / Cholestérol 0 mg			0 %
Sodium 430 mg			19 %
Potassium 1650 mg			35 %
Calcium 350 mg			27 %
Iron / Fer 5.5 mg			31 %
*5% or less is a little 15% or more is a lot			
*5% ou moins c'est peu 15% ou plus c'est beaucoup			