



# Feta & Tomato Spaghetti Squash Pasta



10 ingredients



1 hour



4 servings

## DIRECTIONS

1. Preheat oven to 400°F.
2. Cook squash: Start by cooking your spaghetti squash. Simply cut in half and remove the seeds. Drizzle with olive oil and season with salt and place on a baking tray.
3. Cook the squash for 1 hour. Add the dish with feta and tomatoes (instructions to follow), halfway through the timer.
4. In a large rectangular baking dish, place the block of feta in the middle and place the cherry tomatoes around the cheese. Drizzle the olive oil over the tomatoes and feta. Sprinkle on salt and pepper and use a spoon to toss until all of the tomatoes are coated.
5. Place dish in the oven for 30 minutes or until tomatoes are sizzling and feta has softened.
6. Bring dish out of the oven and sprinkle on the fresh chopped basil and minced garlic. Stir the mixture until everything is well combined.
7. Use a fork to tease out the strands of spaghetti squash and add to the rectangular dish with the feta-tomato mixture. Use a spoon to toss until all the strands of spaghetti squash are coated.
8. Portion pasta and serve with extra chopped basil, cracked black pepper and fresh parmesan.

## INGREDIENTS

- 16 oz Cherry Tomatoes
- 8 oz Feta (block, packed in water)
- 1/3 cup Olive Oil
- 1 1/2 Garlic (Cloves, minced)
- 1 Spaghetti Squash (medium sized)
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper
- 2 Basil (chopped)
- 1/4 cup Parmesan (grated, for taste)