

Spaghetti Squash and Curry Chickpeas

Ingredients

- 1 small (about 3 pounds) spaghetti squash, halved and seeded
 - 1/4 cup(s) extra-virgin olive oil
 - 2 tablespoon(s) extra-virgin olive oil
 - Salt
 - Freshly ground black pepper
 - 1 onion, chopped
 - 1 carrot, finely chopped
 - 1 tablespoon(s) ground coriander
 - 1 1/2 teaspoon(s) ground cumin
 - 1/2 teaspoon(s) crushed red pepper
 - 1/2 teaspoon(s) finely grated orange zest
 - 1 1/2 teaspoon(s) madras curry paste or curry powder
 - 1 can(s) (15-ounce) chickpeas, drained
 - 1/2 cup(s) water
 - 1/2 cup(s) chopped cilantro
 - Grilled peasant bread and toasted pumpkin seeds, for serving
-

Directions

- 1. Preheat the oven to 350 degrees F. Place the halved spaghetti squash cut side up on a baking sheet and brush it with 2 tablespoons of the olive oil. Season with salt and black pepper. Roast the spaghetti squash for about 45 minutes, until the flesh is tender and lightly browned in spots. Let cool slightly.**
- 2. Meanwhile, in a large skillet, heat the remaining 1/4 cup of olive oil. Add the chopped onion and carrot and cook over moderate heat, stirring, until they are just softened, about 5 minutes. Add the coriander, cumin, crushed red pepper, grated orange zest, and curry paste, and cook, stirring, until fragrant, about 1 minute. Add the drained chickpeas and the water and simmer until the vegetables are very tender and the liquid has evaporated, about 5 minutes.**
- 3. Using a fork, rake the squash into strands; you should have about 2 1/2 cups of squash. Add the chopped cilantro and squash to the curry and season with salt. Serve the curried squash over grilled peasant bread, garnished with toasted pumpkin seeds.**