

# Mushroom & Leek Parmesan Cream Sauce over Grilled Chicken and Roasted Spaghetti Squash



I originally created my Mushroom Cream Sauce over Chicken & Spaghetti Squash recipe for the Charleston Food & Wine Festival but ended up making Greek Tacos for the event as they were looking for an International Themed dish. However, this dish is so good, I am so happy to be sharing it with you.

Mushrooms are one of my favorite ingredients to cook with. They are so versatile and add great depth of flavor to any dish. Recently, I started cooking with leeks regularly, pairing them with mushroom and I have been obsessed with the combination of flavors. With a mild onion taste, they lend great flavor without overwhelming the dish. I have prepared this dish many times and it is always well received. I hope you enjoy it as much as I do.

Serves 2-3

## **Roasted Spaghetti Squash**

Spaghetti Squash, 1 small to medium size

Kosher salt, as needed

Or Making It Delicious All-Purpose Seasoning, as needed

Black pepper, as needed

Avocado oil, as needed

1. Preheat the oven to 375 degrees.
2. Cut the squash in half longways, place on a sheet pan, drizzle with avocado oil then sprinkle with a generous amount of salt and pepper.
3. Place the pan in the center of the oven and roast for 35-45 minutes, until the edges look very wrinkled.
4. Allow to cool for at least 20 minutes, or until you are ready to plate, before scooping out all the "spaghetti noodles" and onto the sheet pan and toss. Cover in the pan to keep warm and set aside.

## **Grilled Chicken Breasts**

Chicken breast, 12 – 16 oz

Kosher salt, as needed

Black pepper, as needed

Avocado oil, as needed

1. Start preparing the chicken and sauce once the spaghetti squash is out of the oven or only a few minutes from being ready.
2. Prepare all of the vegetables below and set aside before cooking the chicken.

3. Preheat the outdoor grill to 400 degrees.
4. Sprinkle the chicken on both sides with salt and pepper, then drizzle with a little oil to coat the chicken for the grill.
5. Cook the chicken for 2-3 minutes on each side and/or until the internal temperature reaches 165 degrees and there is no pink.
6. Cover and set the chicken aside.

### **Parmesan Cream Sauce**

Avocado oil, as needed

Cherry tomatoes, halved, 1 cup

Baby bella mushrooms, sliced, 3 cups

Leeks, thinly sliced, 1 cup

Garlic, finely chopped, 1 clove

Fresh thyme, finely chopped, 1 teaspoon  
or dry thyme, 1/4 teaspoon

Heavy Cream, 1 1/2 cup

Parmesan, grated, 1/2 cup

Kosher salt, as needed

Black pepper, as needed

1. In a non-stick pan, heat 2 teaspoons of oil over a medium high heat.
2. Toss in the halved cherry tomatoes, with a touch of salt and pepper and cook until the tomatoes start to brown a little and appear to burst. Remove the tomatoes from the pan and set aside.
3. Using the same pan, add 1 tablespoon of oil and the mushrooms, adding a touch of salt and pepper. Cook the mushrooms until they start to darken around the edges. Then add your leeks, garlic and thyme. Again, adding a touch of salt and pepper.
4. Finish cooking the mushrooms for approximately 2 minutes until the mushrooms are cooked through then pour in the heavy cream. Reduce the heat to a low medium heat and bring to a low simmer until the heavy cream coats the back of a spoon. Toss in the parmesan cheese and stir in, allow to simmer for another 10-20 seconds and remove from the heat. Taste and add a touch more salt and pepper if desired.
5. Assemble your plates: Separate your scooped "spaghetti noodles" onto the center of 2-3 plates. Slice your chicken breasts at a bias and place over top of the noodles, then pour as much sauce and veggies over your chicken as desired. Sprinkle with fresh cracked pepper if desired.