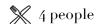
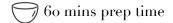


MADE SIMPLE

French Spaghetti Squash Bolognese

Bolognaise à la courge spaghetti









INGREDIENTS

Squash Baking Prep

- ı spaghetti squash
- salt and pepper
- olive oil

Meat Prep

- 1 chopped onion
- 2 minced garlic cloves
- 350 g ground beef (or turkey)
- 300 g of crushed tomato purée (or sauce)
- basil, oregano (or your favorite Italian herbs)
- salt and pepper

Final Touch

- ı ball of fresh mozzarella cheese (or simply your favorite shredded cheese)
- fresh oregano and basil (or dried)



DIRECTIONS

1. Preheat the oven to 400 °F (200 °C).

Squash Prep:

- 2. Cut the squash in half long ways and remove the seeds.
- 3. Rub olive oil on the inside of the squash, then add salt and pepper.
- 4. Adding 5 thsp of water to a baking sheet, cook the squash face down for one hour or until cooked. It is cooked when the flesh of the squash easily pulls away from the side "shell."
 - 5. Let the squash sit and cool.

Meat Prep

- 6. Sauté the onion in oil.
- 7. Add the remaining ingredients for the meat prep.
- 8. Mix and sauté together until fully cooked.

Putting it together

- 9. Now that the squash has cooled a bit, gently scrape the inside of the squash with a fork pulling the "spaghetti" from the skin of the squash. Be careful not to break the skin of the squash.
- 10. Gently fold together the meat mixture with the "spaghetti" part of the squash that was removed.



- II. Once mixed evenly, add the meat/squash mixture back to the shell of the squash, evenly distributing it into two parts/two halves.
- 12. Add fresh sliced mozzarella and Italian herbs on top of the final mixture and put everything back into the oven for 5-10 minutes until the mozzarella is melted.
 - 13. Serve with a side salad, a glass of red wine and enjoy!

Bon Appetit