



French Cuisine


MADE SIMPLE

French Spaghetti Squash Bolognese

Bolognaise à la courge spaghetti

 4 people

 60 mins prep time

 70 mins total time

 Medium

INGREDIENTS

Squash Baking Prep

- 1 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

- 1 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 tbsp 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.



11. 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!
Emilie Anne 

