Baked Spaghetti Squash Bolognese

Ingredients

- Olive oil for brushing
- Salt and pepper to taste
- 1 spaghetti squash (about 1 kg, 1/2 kg per serve)
- 1 package lean mince meat (lamb used here)
- 1 brown onion, diced
- 1/2 red capsicum, diced
- 3-5 mushrooms, diced
- 1 tbsp. minced garlic
- 1 tsp. oregano
- 1 tsp. basil
- 1 can crushed tomatoes
- Fresh parsley for garnish

Method

Tip! To make it easier cutting the squash: Pierce squash a few times with a knife then microwave for 3-5 minutes, allowing it to cool before cutting.

- Preheat oven to 200º C
- Carefully cut the squash in a half lengthwise. Scoop out seeds.
- Brush the inside of both halves with olive oil. Season with salt and pepper.
- Place the two halves cut side down on a baking sheet or oven safe casserole dish.
- Roast the squash until tender, about 30 minutes. Allow several minutes to cool.
- Using a fork, scrape the insides to create a spaghetti-like texture. Leave insides in the squash or transfer to bowl for serving.

While squash is roasting:

- Heat oil in a pan on medium-high heat. Add onions and cook until they start to sweat.
- Stir in the minced garlic, capsicum and mushrooms; cook for 5-8 minutes.
- Add the mince meat. Season with salt and pepper. Cook and mix until cooked through, while breaking the meat into small crumbles, 5-8 minutes.
- Stir in crushed tomatoes, basil and oregano. Bring to a simmer.
- Spread the tomato meat sauce evenly on top on the squash “spaghetti.”

Garnish with chopped parsley. Serve immediately and enjoy!

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