



SPAGHETTI SQUASH WITH LENTIL BOLOGNESE

Season:	Autumn
From the garden:	Tomatoes, carrot, spaghetti squash, basil, capsicum
Type:	Main
Difficulty:	Medium
Country of origin:	Italy
Serves:	6 serves or 30 tastes
Source:	yummymummykitchen.com

Equipment

- *chopping board and knife
- *baking tray
- *bowls
- *measuring spoons and cup
- *frying pan
- *wooden spoon
- *can opener
- *colander

Ingredients

- *2 medium spaghetti squash
- *1 large carrot
- *1 medium onion
- *3 cloves garlic
- *400 g tomatoes (or 1 can)
- *2 capsicum or 2 small courgette or a mix
- *1 can lentils
- *2 tbsp tomato paste
- *1 tsp italian herbs
- *1 tsp salt, pepper to taste
- *2 bay leaves
- *1 tbsp worcestershire sauce
- *handful of basil leaves
- *1 cup grated cheese

***oil for frying**

Method

- 1.preheat the oven to to 190 degrees**
- 2.cut the spaghetti squash in half lengthwise and and scrape the seeds out**
- 3.rub the inside of the squash with a little olive oil and sprinkle with salt**
- 4.place the squash cut side down on a baking tray (oiled or lined) and bake, depending on size for 35-45 min. Its ready, when you can scrape the flesh into spaghetti like strands with a fork**
- 5.while the squash is roasting, make the bolognese sauce**
- 6.peel and chop the onion and the garlic**
- 7.chop the tomatoes,courgette and carrot, and deseed and chop capsicum**
- 8.heat a little oil in a frying pan and fry the onion and garlic**
- 9.add the carrot and capsicum and fry for around 5 minutes until softened**
- 10.add all the ingredients to the frying pan, put a lid on top and simmer the sauce for 15-20 minutes. Add the basil leaves**
- 11.remove the squash from the oven, let it cool and then shred the flesh into “spaghetti”**
- 12.serve the squash “spaghetti” with the sauce, grated cheese and some extra basil leaves**

Notes: The sauce can also be put on top of roasted squash to make a squash “boat”.
Sprinkle the cheese on top and put the boat back in the oven for a few minutes to melt the cheese.

Skills: measuring, *mixing, frying, shredding, cutting*