

How to make Bolognese Spaghetti Squash ! (by Lubin and Mathieu B.)



You will need INGREDIENTS :

-2 red onions



-300g tomato sauce



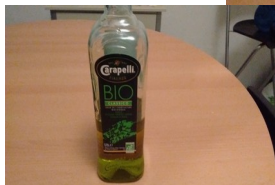
-500g ground meat



-1,2Kg spaghetti squash



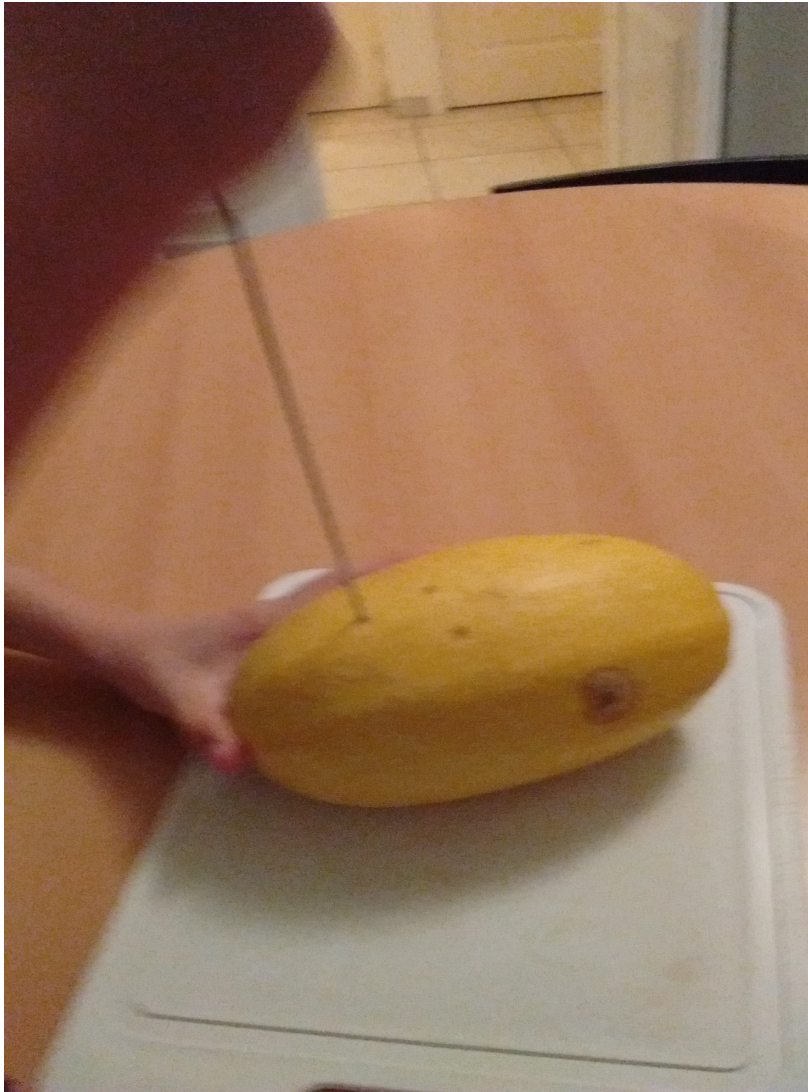
-2 tbsp olive oil



-grated cheese



Take the spaghetti squash



- Make holes in the Squash and put it 14 min in microwave at 900w.



Peel and Slice the onions thinly .

- Meantime peel and slice the red onions thinly .



Bake onions.

- Pour the olive oil in the pan and heat it. Then put the red onions in the pan and add a pinch of sugar.



Get out the squash.



- Get out the spaghetti squash from microwave and let it cool a little.

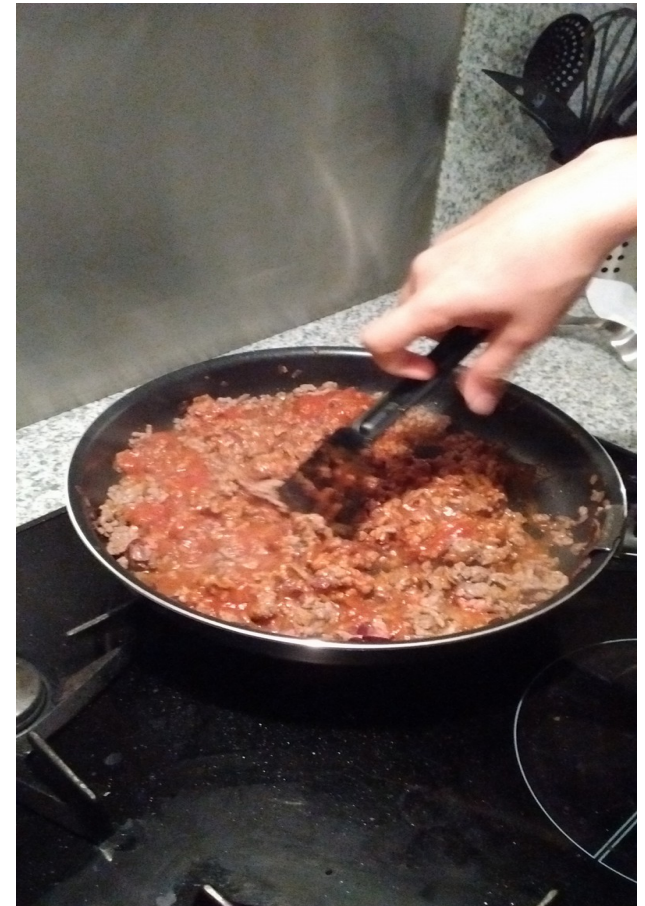
Add the meat.

- Add the meat in the pan and mix it with onions.



For the tomato sauce.

- Then pour the tomato sauce in the pan and mix it.

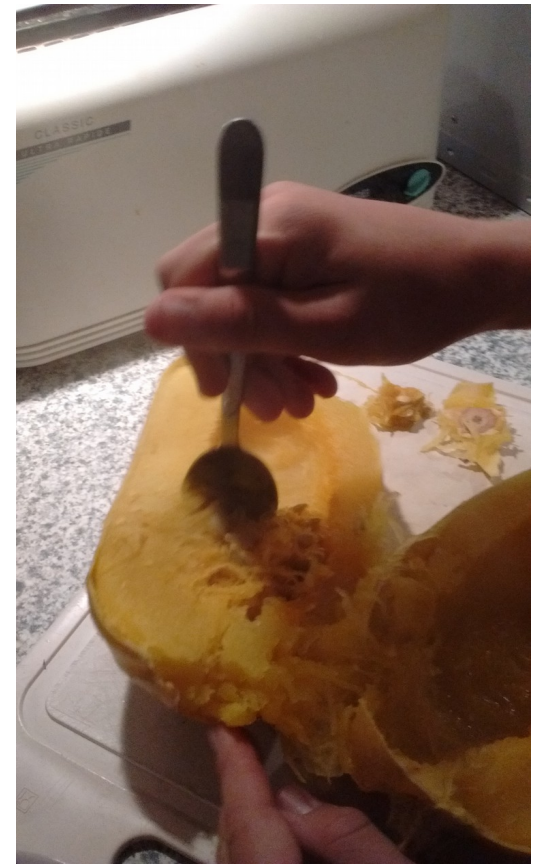


Simmer.



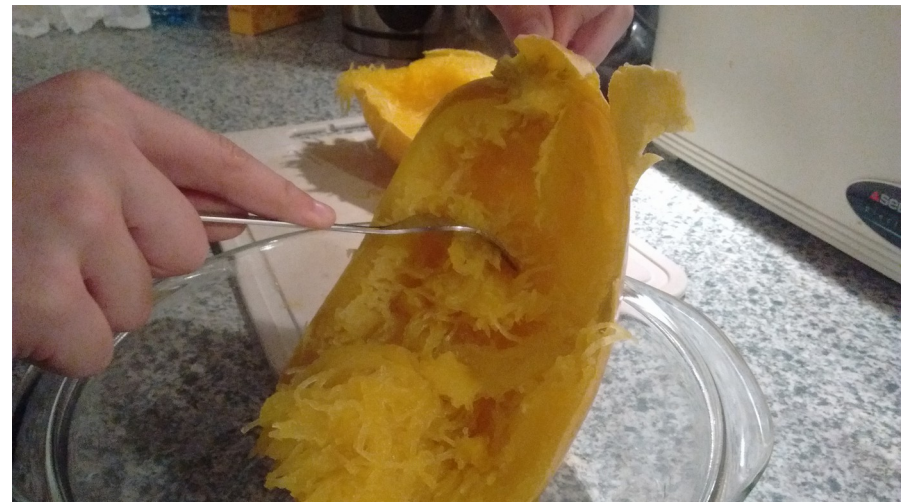
Make the squash.

- Cut the squash into two and remove the pips.



Make the spaghetties with the squash.

- Take a fork and scrape the squash to do spaghetties.





Serve.

- Serve the spaghetties with the bolognese sauce and the cheese on top of them.



ENJOY !!!!

Bon appétit !!!!

- Goffette Lubin
- Bricard Matthieu