

Spaghetti squash stuffed with vegan mushroom bolognese

Preparation time: 80 min

Difficulty: Easy

Ingredients

- Carrot: 1
- Celery: 80 gr
- Chilli flakes: 1/2 tsp
- Clove of garlic: 1
- Fresh parsley: 2-3 tbsp
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- Mushrooms: 150 gr
- Olive oil: 1 tbsp
- Onion: 1
- Panko breadcrumbs: 1 tbsp
- Paprika powder: 1 tsp
- Pomìto tomato paste: 1 tsp
- Rosemary: 1 sprig
- Salt, Pepper: 120ml
- Vegan processed cheese or cheese sauce: 50 gr
- Water/vegetable stock:



Preparation

Wash and dry the pumpkin, cut in half lengthwise and remove the seeds with a spoon. Place on a baking tray with the cut side facing upwards and brush with oil. Sprinkle with salt and pepper. Preheat the oven to 180 degrees, top and bottom heat and cook for 30-40 minutes.

Peel and finely chop the onion and garlic clove. Cut the mushrooms and celery into small cubes. Peel and roughly chop the carrot. Heat a saucepan or deep pan with oil and sauté the onion until translucent. Add the garlic, carrot and celery and sauté for 2-3 minutes. Stir in the mushrooms and brown lightly for another 5 minutes. Add the tomato paste, paprika powder, chilli flakes, salt and pepper and fry for another minute. Deglaze with tomato pulp and water and simmer at a low temperature for 25-30 minutes. Once the liquid has reduced to a sauce, add the rosemary and parsley and remove from the heat.

Now loosen the squash a little with a fork and pour in the mushroom bolognese sauce. Sprinkle with panko and top with the cheese. Place in the oven for another 10 minutes. Then enjoy with parsley.

For this recipe we used:

Chopped Tomatoes
400 gr

