KIKKOMAN

Stuffed spaghetti squash with beef

Total time **70 mins** **15 mins** preparation time **55 mins** cooking time

Nutritional facts (per portion):
2,349 kJ / 561 kcal

Fat: **24.4 g** Protein: **51.9 g**
Carbohydrates: **32 g**

INGREDIENTS

2 portion(s)

1	spaghetti squash (about 1 kg)
2 tbsp	olive oil
3 tbsp	Kikkoman Naturally Brewed Soy Sauce
0.5 tsp	black pepper
1	onion
2	garlic cloves
250 g	minced beef
150 g	courgette, finely diced
200 g	tinned tomatoes
1 tsp	tomato purée
0.5 tsp	dried oregano
0.5 tsp	smoked paprika
125 g	mozzarella
2 tbsp	chopped parsley or torn basil leaves

PREPARATION

Step 1

1 spaghetti squash (about 1 kg) - **1 tbsp** olive oil - **1 tbsp** Kikkoman Naturally Brewed Soy Sauce - **0.25 tsp** black pepper
Preheat the oven to 200 °C. Cut the squash in half lengthways and remove the seeds. Brush with the olive oil and Kikkoman Soy Sauce, then season with the pepper. Place the halves cut-side down on a baking tray lined with baking paper. Roast for 35–40 min, until the flesh is tender. Leave to cool slightly, then use a fork to gently scrape the flesh into spaghetti-like strands.

Step 2

1 tbsp olive oil - **1** onion - **2** garlic cloves - **250 g** minced beef - **150 g** courgette, finely diced
While the squash is roasting, prepare the filling. Heat the olive oil in a frying pan. Add the onion and cook for about 2 min until soft. Add the garlic and cook for another 30 seconds. Add the minced beef and cook, breaking it up, until browned (about 5–6 min). Add the finely diced courgette and cook for 3–4 min, until slightly softened and excess moisture has evaporated.

Step 3

200 g tinned tomatoes - **1 tsp** tomato purée - **2 tbsp** Kikkoman Naturally Brewed Soy Sauce - **0.5 tsp** dried oregano - **0.5 tsp** smoked paprika - **0.25 tsp** black pepper
Add the tinned tomatoes, tomato purée, Kikkoman Soy Sauce, oregano, smoked paprika and pepper. Stir well. Simmer over a medium heat for about 10 min, stirring occasionally.

Step 4

125 g mozzarella - **2 tbsp** chopped parsley or torn basil leaves

Spoon the filling from Steps 2 and 3 into the squash halves from Step 1 (or transfer everything to a baking dish) and gently mix with the squash strands. Top with the mozzarella. Return to the oven and bake for 10–15 min, until the cheese has melted and lightly browned. Sprinkle with the parsley or basil before serving.