



Beef Bolognese over Roasted Spaghetti Squash

Ragù Bolognese is an Italian meat sauce named for the city from which it hails: Bologna. Here, our decadent beef Bolognese is simmered with red wine and finished with heavy cream, then paired with noodle-like strands of tender roasted spaghetti squash. Spoon the Bolognese over the "noodles," or stir them into the sauce before plating. Either way, pasta night is about to become spaghetti squash night...

40–50 minutes 760 calories per serving

Plated.

Ingredients

4 ounces carrots
2½ pounds spaghetti squash
1 yellow onion
2 cloves garlic
1 spice mix
½ teaspoon dried oregano
½ teaspoon dried thyme
12 ounces ground beef
1 tablespoon tomato paste
¼ cup red wine
8 ounces chicken stock
2 teaspoons red wine vinegar
8 ounces heavy cream
½ ounce grated Parmesan cheese

You'll need

olive oil
kosher salt
black pepper
aluminum foil
baking sheet
10" medium high-sided pan

Recipe tips

Be sure to read through the entire recipe before you begin cooking.

Raw spaghetti squash can be tough to cut into. Pierce the squash all over with a fork and microwave in 30-second intervals to soften slightly before halving.

Spaghetti squash can vary in size, hence the wider time range for roasting. Use tongs to gently squeeze the outsides—if you feel resistance, it needs more time.

USDA recommends cooking ground beef to 160°F.

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1. Prepare ingredients

Preheat oven to 450°F. Rinse **carrots** and cut into $\frac{1}{4}$ -inch dice. Halve **squash** lengthwise (see recipe tip), then scoop out and discard seeds. Peel **onion**, halve, and cut into small dice. Mince **garlic**.



4. Simmer Bolognese

Return pan from beef to medium-high heat with $\frac{1}{2}$ **tablespoon olive oil**. When oil is shimmering, add **tomato paste**, **carrots**, **onion**, and **garlic**. Sauté, stirring, until softening, about 5 minutes. Return **beef** to pan and add **wine** and **stock**. Increase heat to high and bring to a boil, then reduce to medium high and simmer, stirring occasionally, until liquid is reduced by half, 8–10 minutes. Then, remove pan from heat and stir in **red wine vinegar**.

2. Roast spaghetti squash

Line a baking sheet with foil and add **squash** cut-side up. Drizzle **1 tablespoon olive oil** over cut sides and season with **spice mix**, $\frac{1}{2}$ **teaspoon salt**, and **pepper** as desired. Arrange **squash** cut-side down and roast until tender, 25–35 minutes (see recipe tip). Set aside until ready to use.



5. Pull spaghetti squash

Using a fork or tongs, rake roasted **squash flesh** to create spaghetti-like strands, raking back and forth until you've reached the outer skins. Taste and add more **salt** and **pepper** as desired, then divide between serving bowls. Discard skins.

3. Brown beef

While squash roasts, pat **beef** dry with paper towel. Heat **1 tablespoon olive oil** in a medium high-sided pan over medium-high heat. When oil is shimmering, add **beef** and season with $\frac{1}{2}$ **teaspoon salt** and **pepper** as desired. Cook, breaking up meat, until browned, about 5 minutes. Using a slotted spoon, transfer **beef** to a bowl. Discard almost all excess fat in pan, leaving behind a thin layer for the next step.



6. Plate Bolognese

Return pan with **sauce** to medium-high heat, add **2 tablespoons heavy cream** (save remainder for coffee!), and simmer to warm through, 1 minute more. Season with $\frac{1}{4}$ **teaspoon salt** and **pepper**. Spoon **beef Bolognese** over **squash noodles** for a classic spaghetti presentation, or gently stir squash into sauce before plating. Garnish with **Parmesan** and dig in!

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