



Spaghetti Squash Amatriciana

with **Crispy Pancetta**

Though not as well-known as Bolognese or marinara, *Amatriciana* is an equally iconic tomato sauce from central Italy. It's traditionally made with *guanciale*, or cured pork cheek, but tonight's version swaps in cured and spiced *pancetta*, which is like bacon in that it's made from pork belly. Fried until crispy and paired with a dusting of Parmesan cheese, it's a hearty addition to noodle-like strands of spaghetti squash.

45-55 minutes

2 servings

500 calories per serving

Plated.

Ingredients

1 spaghetti squash
1 red onion
1 clove garlic
5 ounces pancetta, divided
 $\frac{1}{4}$ ounce basil
 $\frac{1}{2}$ teaspoon crushed red pepper
1 14-ounce can chopped tomatoes
 $\frac{1}{2}$ cup tomato purée
 $\frac{1}{4}$ cup grated Parmesan cheese, divided

You'll Need

$\frac{1}{2}$ tablespoons olive oil
kosher salt
black pepper
aluminum foil
baking sheet
12" large 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. Try piercing the squash all over with a fork and microwaving in 30-second intervals to soften slightly before halving.

Spaghetti squash can vary in size, so we've provided a wider time range for roasting. Flip the squash over and pierce the flesh with a fork—if it doesn't go in easily, the squash needs more time.

Starting pancetta in a cold pan makes for a crispier, less greasy consistency, as the fat has more time to render, or melt away.

Great food starts with great ingredients. We're proud to send you pork responsibly raised without antibiotics.



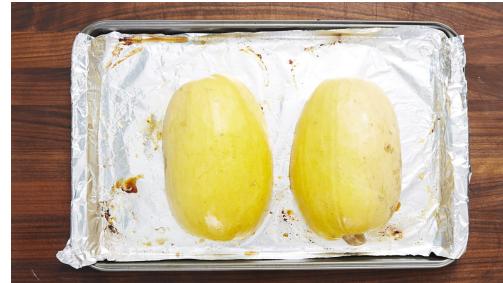
1. Prepare Ingredients

Preheat oven to 450°F. Halve **spaghetti squash** lengthwise (see Recipe Tip). Scoop out and discard seeds. Peel **onion**, halve, and thinly slice. Mince **garlic**. Stack **pancetta** slices and cut into $\frac{1}{2}$ -inch strips, then cut crosswise into $\frac{1}{2}$ -inch pieces. Roughly tear **basil** leaves, discarding stems.



4. Simmer Amatriciana Sauce

Add **crushed red pepper** (skip or use half for less heat) and **garlic** to pan with onion over medium-high heat. Cook until fragrant, about 1 minute. Add **chopped tomatoes and their juices** and **tomato purée**. Bring to a boil over high heat, then reduce heat to medium low and simmer until sauce is warmed through and flavors are melded, 8-10 minutes. Season with $\frac{1}{2}$ **teaspoon salt** and **black pepper** as desired, then remove from heat.



2. Roast Spaghetti Squash

Drizzle **1 tablespoon olive oil** over cut sides of **spaghetti squash** and season with $\frac{1}{2}$ **teaspoon salt** and **black pepper** as desired. Arrange cut-side down on a foil-lined baking sheet and roast until tender, 25-35 minutes (see Recipe Tip).



5. Season Spaghetti Squash

Using a fork or tongs, rake **spaghetti squash** flesh to create spaghetti-like strands and add to pan with sauce, discarding skins. Stir **half of Parmesan** and **half of crispy pancetta** into sauce to combine. Taste and add more **salt** and **black pepper** as desired.



3. Crisp Pancetta and Caramelize Onion

Combine **pancetta** and $\frac{1}{2}$ **tablespoon olive oil** in a large high-sided pan, spread in an even layer, then place over medium-high heat (see Recipe Tip). Fry until pancetta is crisp, 7-8 minutes. Using a slotted spoon, transfer **crispy pancetta** to a paper towel-lined plate to drain, leaving behind rendered fat in pan. Add **onion** to pan with fat over medium high. Sauté, stirring, until soft and caramelized, 6-7 minutes.



6. Plate Amatriciana

Divide **spaghetti squash Amatriciana** between bowls. Sprinkle over **basil**, **remaining Parmesan**, and **remaining crispy pancetta**. Dig in!

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