

NOURISH

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Spaghetti Squash with meatballs

Serves: 4

Prep + Cook Time: 1.2 hours

Ingredients

- 1 medium organic spaghetti squash (2lbs)
- Pink Himalyan sea salt
- 2 stalks organic celery (chopped)
- 1 medium organic carrot (roughly chopped)
- 1 organic onion (roughly chopped)
- 6 cloves of garlic
- 1 cup fresh parsley
- 1 pound of grass-fed, ground beef
- 1 pound of pasture-rasised, ground pork
- 2 large free-range eggs
- 2 28-ounce cans of organic tomatoes
- 2 large sprigs of basil
- 1 tsp dried oregano

Instructions

1. Preheat oven to 425 degrees F.
2. Halve the squash length wise and take out the seeds, sprinkle the cut side with 1/2 tsp of salt, then brush both sides with olive oil. Put the squash cut side down for 20-30 minutes or until tender.
3. In the meantime start the meatballs.
4. Brush baking sheet with olive oil. Pulse the celery, carrot, onion, garlic and parsley in a food processor.
5. Put half the vegetables in with the ground beef and pork, add in 1 tsp of salt.

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6. Mix with hands. Form 24 2 inch meatballs, put on to baking sheet. Bake until firm, but not cooked through, about 10 minutes.
7. Make the sauce, heat 3 tbsp. in olive oil in large pot over medium heat. Add remaining vegetable pasta and cook. Stir until it looks dry (about 5 minutes)
8. Stir in tomato puree; rinse one can with 1 cup of water and add to the pot. Stir in basil, oregano and 1 1/2 tsp of salt. Add meatballs and then simmer until the sauce thickens and meatballs cooked through. (15-20)
9. Remove basil.
10. Use fork to scrape the spaghetti squash flesh into strands. Put into large bowl and top with sauce and meatballs.