

TETSUKABUTO WINTER SQUASH DELIGHT



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INGREDIENTS

- ◆ 4 tablespoons extra virgin olive oil (cooking + baking)
- ◆ Quinoa (sprouted or cooked)
- ◆ 1 large Tetsukabuto squash (sliced, de-seeded, and baked)
- ◆ 3 tablespoons vegan mozzarella (Miyoko's brand)
- ◆ 2 fresh scallions (finely chopped)
- ◆ A handful of fresh Cilantro
- ◆ A handful of fresh parsley
- ◆ 16 Oz authentic homemade spaghetti sauce
- ◆ Season with Himalayan or kosher salt and pepper to taste!

Sauce Ingredients:

- ◆ 10-12 Roma tomatoes, (halved and removed seeds)
- ◆ 4-5 tablespoons extra virgin olive oil
- ◆ 1 large onion (white or yellow, diced)
- ◆ 3-5 carrot stalks (peeled and diced)
- ◆ 1 tablespoon fresh oregano (chopped)
- ◆ 1 tablespoon fresh thyme (chopped)
- ◆ 1 teaspoon Himalayan or Kosher Salt
- ◆ 1 teaspoon Pepper



METHOD

Authentic Home Made Spaghetti Sauce:

First, wash and pat dry produce. Start by using a large saucepan and pour the oil in and heat pan over medium heat.

Add in the onion, carrot, and saute' until the onion starts to soften or turn translucent. Add tomatoes in for about 7-10 minutes, letting them stew. While sauce is stewing, toss in the oregano and thyme leaves.

Tetsukabuto Squash:

Wash and part dry produce. Preheat the oven to 400°F. Use a large baking sheet lined with foil or an oven-safe dish.

Next, cut your squash carefully using a sharp knife. The best way I found to cut through the squash is by using the tip of the knife and piercing the squash all the way through, choose one direction to rock the knife back and forth and repeat in the other direction.

Once you get your squash halved, use a spoon and scoop out the seeds and save them, dehydrate and eat later. Make sure the inside is clear.

Next brush the interior with oil and season lightly with salt and pepper. Set the cut side down on the baking sheet. Bake for about 40 minutes till the squash's skin can be pierced with a knife.

Meanwhile, prepare quinoa and mix it together with tomato sauce. After the squash is done baking, remove it from the oven and let it cool enough to be able to handle.

After the squash has cooled down enough to handle, move to serving plate. Pour in evenly the tomato sauce mixture and garnish it with vegan cheese and fresh herbs. Serve and enjoy!

Store leftovers in a sealed container in the fridge for up to 7 days.