



# Vegan Spaghetti Squash with Bolognese Sauce

⌚ Preparation time: 25 minutes

👤 Portions: 2

Cooking time: 35 minutes

**Total time: 60 minutes**

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## Ingredients (1 spaghetti squash/serves 2)

- 1 spaghetti squash
- 1 tbsp. olive oil
- A pinch of salt

### For the kibbled spelt Bolognese sauce

- 150 g/5.2 oz kibbled green spelt
- 70 g/2.4 oz. onions
- Half a red bell pepper
- 1-2 celery stalks (optional)
- 1-2 tbsp. olive oil
- 4-5 tbsp. tomato paste (100g)
- 50 ml (0.2 cups) vegan red wine (can be substituted with more water, but the taste it adds is great)
- 1 can of chopped tomatoes (400 g/14.10 oz bzw. 240 g/8.4 oz drained net weight)
- Optional: 1-2 tbsp Sriracha chili sauce
- 1 tbsp. paprika powder
- 1 tsp. cumin
- Optional: a pinch of garlic powder
- 1 tbsp. herbes de Provence
- Salt
- Chili flakes to your liking (or pepper)
- 1 tbsp. soy sauce
- Optional: 1 handful of baby spinach (ca 40 g/1.4 oz)

### For the béchamel sauce

- 20 g/0.7 oz margarine
- 20 g/0.7 oz flour
- 200 - 220 (0.8-0.9 cups) ml plantbased milk
- 3 tbsp. yeast flakes
- 1 tsp. hot mustard
- 1 tsp. herbes de Provence
- 1 tbsp. soy sauce
- salt to your liking

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## Instructions (30 minutes preparation time 35-40 minutes baking time for the squash)

1. Preheat oven to 200°C/ 392 °F fan and cover a baking tray with parchment paper.
2. Cut the spaghetti squash in half using a sharp, stable knife and remove the seeds. Brush the surface with olive oil and salt lightly.
3. Place the spaghetti squash halves on the parchment paper inside up and bake at 200°C/ 392 °F fan for about 40 minutes until the flesh is nicely soft. Depending on the squash size, the baking time can vary between 35-45 minutes.
4. In the meantime, prepare the green spelt bolognese and béchamel sauce. Place the kibbled green spelt in a fine-mesh sieve and rinse well. Peel and chop the onions. Wash half a red bell pepper, remove seeds and cut into small pieces. Optionally wash 1-2 stalks of celery, cut off the hard ends and also dice finely.
5. Heat 1 tbsp. olive oil in a pan and sauté the onion, bell pepper and celery cubes briefly. Stir in the rinsed green spelt and 4-5 tbsp. tomato paste, fry briefly and deglaze with a dash of red wine. Let the red wine boil down a minute, add 300 ml water and let simmer for 5-7 minutes.
6. Then add the chopped tomatoes and possibly a little more water. Season with Sriracha sauce, 1 tbsp. paprika powder, 1 tsp. cumin, a pinch of garlic powder, 1 tbsp. herbes de Provence and a pinch of salt. Add chili flakes to your taste. Then let the bolognese simmer gently for another 5-8 minutes, stir well from time to time (be careful, green spelt tends to hang on the bottom of the pot!) and pour in some additional water if necessary.
7. Finally season your bolognese with soy sauce. Wash a handful of baby spinach and stir in (yeah, some extra greens!).
8. For the béchamel melt margarine in a pot. Whisk in flour and yeast flakes (I mix both before in a bowl) and gradually add plantbased milk. Stir constantly, reduce heat. Season the béchamel sauce with 1 tsp. of hot mustard, Herbs de Provence and soy sauce. Remove the sauce from the heat and season with

salt to your taste. Heat it again shortly before serving the pumpkin halves so that it is creamy. The béchamel can be diluted with water as you like. Now both sauces are ready.

9. Remove the spaghetti squash halves from the oven and scratch the flesh with a fork. I hold the pumpkin halves on one side with a kitchen towel so as not to burn myself, as the skin is now very hot! Loosen the pumpkin fibres from the long side to the middle (not only scratching lengthwise!). That's how beautiful fibres are created.

10. Serve your spaghetti squash with lots of bolognese and béchamel sauce.

Tip: You'll see that it's a lot of bolognese sauce and béchamel. Just load your squash with as much sauce as you like. You will surely get another portion of both sauces during the meal, because they don't penetrate to the bottom. If you still have any bolognese sauce left over, you can eat it the next day as a kind of chili - e.g. with some beans and avocado. Tastes delicious! Or you freeze it and use it for another pasta dish. Enjoy! Don't forget to write to me and rate this recipe with the "stars" at the beginning of the blog post! I'm really looking forward to your feedback.