

Parmesan and turkey meatballs, spaghetti squash with tomato mapple and basil sauce

Recipe for 4 persons

Description

A great winter classic from Quebec.

Ingredients

Turkey meatballs

- 1 Lb Ground turkey
- 0.50 Bunch(es) Chopped parsley
- 1 Unit(s) Onion
- 2 Clove(s) Chopped garlic
- 125 Ml Grated parmesan
- 1 Tbsp Paprika
- 0.50 Tsp Salt
- 1 Tsp Freshly ground black pepper
- 1 Unit(s) Egg

Spaghetti squash

- 1 Unit(s) Squash spaghetti

Tomato sauce

- 1 Unit(s) Can of crushed plum tomatoes (28 oz)
 - 1 Unit(s) Red onion
 - 2 Unit(s) Red pepper
 - 1 Tbsp Olive oil
 - 3 Clove(s) Chopped garlic
 - 2 Tbsp Maple syrup
 - 1.50 Tbsp Red wine vinegar
 - 1 Bunch(es) Basil leaves
- 12 Leaf(ves) Basil
 - 4 Dash Maple syrup

Preparation

- Preparation time **45 mins**
- Preheat your **Four** at **400 F°**

Preparation

Peel and mince the white and red onions. Remvoe the seeds from the peppers and cut them into cubes.

Finely slice the basil leaves.

Turkey meatballs

In a large mixing bowl, combine all of the ingredients with the minced turkey. Make meatballs roughly 30g in size. In a hot skillet, sear them with canola oil until golden and then transfer to a baking sheet and finish cooking in the oven for 10-15 minutes depending on their size.

Spaghetti squash

Using a fork, pierce the squash all around lengthwise along the equator. Place in the microwave for 5 minutes. Let cool a bit and then break it open in 2 along the fork line. Drizzle with olive oil salt and pepper, and then place them flesh side down on a baking sheet lined with parchment paper. Bake for 40 minutes. When ready to serve, remove the spaghetti with the help of 2 fork, it should come out very easily.

Tomato sauce

In a sauce pot with oil, sweat the red onions, lower the heat and then add the red peppers. After one minute, add the sugar and garlic. Continue to cook for 5 minutes. Add the red wine vinegar and cook until almost completely evaporated. Add the canned tomatoes. Continue to cook for 10 minutes.

Season to taste with salt and pepper.

Remove from the heat and add the basil.

Plating

Place a generous helping of squash in the center of your plate of choice. Top with 3-6 meatballs depending what size you made them and then add a generous spoonfull of sauce. Garnish with basil leaves.

Bon appétit!