

## Spaghetti Squash Caprese

### Ingredients:

1 medium sized spaghetti squash, cut in half and seeds scooped out.

Olive oil for drizzling

Salt and pepper

2 table spoons of extra virgin olive oil

2 large garlic cloves, chopped fine

1 bunch cherry type tomatoes, halved

1 ball fresh mozzarella, diced

Fresh basil, thinly sliced

### What to do:

- 1) Preheat oven to 210c.
- 2) Drizzle each half of the spaghetti squash with olive oil and season with salt and pepper.
- 3) Place spaghetti squash cut side down on a baking dish.
- 4) Bake the spaghetti squash for 35-40mins until tender.
- 5) Let the spaghetti squash cool until you can handle it then shed the squash into 'spaghetti' with a fork and set aside.
- 6) Heat a large pan and cook garlic and olive oil quickly with out burning and add the cherry tomatoes and cook for 2 mins until the pan becomes a little juicy.
- 7) Stir the spaghetti squash through the tomato and garlic sauce.
- 8) Layer the spaghetti squash on serving platters with a sprinkle of mozzarella and top with mozzarella and basil.