

baked spaghetti squash.

1) Bake your squash at 200 degrees celsius for 1 hour. Turn it down if it is burning or browning too much. You need to be able to pierce it easily with a knife.

2) Remove from the oven, when cool enough to handle, slice in half and rake out the seeds.

3) Use your fork and scrape away you will get lovely strands. If it seems hard to scrape pop back in the oven for 10 minutes. It should be crunchy, not mushy.

4) In a pan put our garlic herb butter, fresh herbs, add the squash, season with salt and pepper.

5) Remove from the pan put onto two platters, sprinkle parmesan $\frac{1}{2}$ a cup over the spaghetti squash.