



Ingredients:

1 spaghetti squash
1 tbsp butter
2 garlic cloves, minced
1 small onion, chopped
1 pack of lamb sausages
Any extra veggies you can find, chopped

Preparation:

Cut the spaghetti squash in half. Place face down in a microwave safe dish. Cover with 1cm of water. Microwave on high until the squash is tender, approximately 6-8 minutes. In a fry pan or skillet, saute the garlic in butter. Reduce heat to medium. Add the chopped vegetables. Stir the veggie mix occasionally. On the barbeque or in a separate pan, cook the lamb sausages. Use a fork to scoop the spaghetti squash onto plates or into bowls. Top with the vegetable mix and sliced lamb sausages. Finish with any desired herb or spices.