



Baked Squid Spaghetti Recipe

Preparation Time	20
Cooking Time	70
Serving Size	11

Ingredients:

SAUCE

- 1/2 cup garlic, crushed
- 4 1/2 Tbsp margarine
- 2/3 cup all-purpose flour
- 1/2 cup milk, evaporated
- 1 1/8 cup water
- 1 1/4 tsp salt
- 1 pouch DEL MONTE Italian Style Spaghetti Sauce (500g)

FILLING

- 2 Tbsp oil
- 1/2 cup onion, red, chopped
- 500 g squid, ink sac and eyes removed then sliced
- 2 1/4 cup carrot, chopped
- 1 1/8 cup green peas, frozen
- 3/4 tsp salt
- 1/2 tsp pepper, black
- 3/4 cup bell pepper, red, diced
- 1/2 cup green onions, chopped

- 2/3 pack DEL MONTE Spaghetti (900g), cooked
- 1 1/4 cup cheese, grated

Preparation:

1. SAUCE: Sauté garlic in margarine until golden brown. Gradually stir in flour, milk and water. Add salt. Mix until smooth. Add DEL MONTE Italian Style Spaghetti Sauce. Cook for 5 minutes with continuous stirring. Set aside.
2. FILLING: Sauté onion and squid in oil. Cook for 10 minutes or until tender. Add carrot, green peas, salt, pepper, and bell peppers. Cover and simmer for 10 minutes. Stir in green onions.
3. Layer half of cooked DEL MONTE Spaghetti in an 8 x 8-inch square pan. Spread half of filling, sauce and cheese. Repeat with remaining half. Bake in preheated oven at 350°F for 25 minutes.

Chef's Tip

To get a smooth and lump-free sauce, gradually add the milk and water into the butter and flour mixture and whisk.

Lusog Notes

This recipe is high in protein, which is important for growth and development and the regulation of enzymes and hormones. It is also rich in vitamin A that helps maintain healthy skin and normal vision and also plays a role in immunity.

Cooking Skills Needed

- Sautéing
- Boiling
- Simmering

Cooking Tools

- Chopping Board
- Measuring Spoon
- Measuring Cups
- Spatula