KIKKOMAN

Cheesy pumpkin-pasta bake with nori

Total time **60 mins** **20 mins** preparation time **40 mins** cooking time

Nutritional facts (per portion):
1,641 kJ / 392 kcal

Fat: **30.3 g** Protein: **33.2 g**
Carbohydrates: **66.4 g**

INGREDIENTS

2 portion(s)

Pasta:

120 g	short pasta, e.g. penne or small elbow noodles

Sauce:

120 g	Hokkaido pumpkin
300 ml	Milk
10 g	Yellow curry paste
40 g	butter
25 g	wheat flour
50 ml	Kikkoman Naturally Brewed Soy Sauce
75 g	cheddar cheese
50 g	hard mozzarella cheese

Garnish:

1	nori sheet
1 tsp	black sesame seeds
1 tsp	coriander

PREPARATION

Step 1

120 g short pasta, e.g. penne or small elbow noodles
Cook the pasta al dente according to the instructions on the packet.

Step 2

120 g Hokkaido pumpkin - **300 ml** milk - **10 g** yellow curry paste - **40 g** butter - **25 g** wheat flour - **50 ml** Kikkoman Naturally Brewed Soy Sauce - **75 g** cheddar cheese - **50 g** hard mozzarella cheese
Grate the pumpkin on a coarse grater, mix with the milk and curry paste and cook for 5 minutes.
Melt the butter in a pan and add the flour. Fry over a low heat for 2 minutes, stirring frequently. Add the milk and pumpkin and mix vigorously until the ingredients have combined.
Add the Kikkoman Soy Sauce, grated cheddar and grated mozzarella to the sauce. Mix and heat until the cheeses melt.

Step 3

Garnish:

1 nori sheet - **1 tsp** black sesame seeds - **1 tsp** coriander
Mix the sauce from step 2 with the pasta, place in an oven dish and bake for about 20 minutes at 200 °C until golden brown.
Crush the nori. Serve in portions on a plate and garnish with the crushed nori, black sesame seeds and coriander.