KIKKOMAN

Spaghetti with roasted pumpkin

Total time **45 mins** **10 mins** preparation time **35 mins** cooking time

Nutritional facts (per portion):
2,281 kJ / 545 kcal

Fat: **13 g** Protein: **17 g**
Carbohydrates: **94 g**

INGREDIENTS

2 portion(s)

300 g	Hokkaido pumpkin
2 tbsp	olive oil
1 tbsp	Kikkoman Naturally Brewed Soy Sauce
1 tsp	chilli flakes
3 tbsp	Kikkoman Teriyaki Wok Sauce with Roasted Garlic
200 g	spaghetti pasta
50 g	grated parmesan cheese
2 tbsp	fresh coriander

PREPARATION

Step 1

300 g Hokkaido pumpkin
Preheat the oven to 190 degrees Celsius.
Peel the pumpkin and cut it into cubes about 2x2 cm in size.

Step 2

2 tbsp olive oil - **1 tbsp** Kikkoman Naturally Brewed Soy Sauce **1 tsp** chilli flakes - **3 tbsp** Kikkoman Teriyaki Wok Sauce with Roasted Garlic
Rub the pumpkin cubes with olive oil, soy sauce, and chilli flakes, then lay it out on a baking sheet lined with parchment paper. Bake for 20 minutes, then drizzle with teriyaki sauce and bake for another 10 minutes.

Step 3

200 g spaghetti pasta - **50 g** grated parmesan cheese - **2 tbsp** fresh coriander
Cook the pasta al dente, and after draining, mix it with the cooked pumpkin. Serve with grated parmesan cheese and coriander.