

# 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 mafalda corta

### 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 mafalda corta

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 another 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 torn up 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.