

Pan-Seared Kabocha with Soy & Butter

Serves 2

Ingredients

- 250 g kabocha squash, seeded and sliced (2 cm thick)
- 1 T canola oil
- 10 g butter
- 1 tsp low-sodium soy sauce
- Pinch MSG (optional)



Instructions

1. Heat **oil** in skillet over **medium heat** and add **kabocha** in a single layer.
2. Cover and cook **4–5 minutes** until tender.
3. Uncover, allow light browning, then add **butter** and **soy sauce**.
4. Turn gently to coat; finish with MSG if using.

Nutrition (per serving)

Kcal: 190 | Protein: 3 g | Fat: 11 g | Sat. Fat: 4 g | Carbs: 22 g | Sugars: 7 g |
Fiber: 4 g | Sodium: ~240 mg

Notes

- MSG replaces additional salt while keeping sodium controlled.
- Kabocha sweetness balances savory mains.