

Baked Skillet Pasta with Cheddar & Spiced Onions (9.0)

チェダーチーズとスパイスオニオンの焼きパスタ

Serves: 4 (with leftovers for 2)

Pan Size: 22 × 22 × 5 cm (Le Creuset square)



Ingredients

Onions & Base

- 3 T / 42 g olive oil (オリーブオイル)
- 500 g onions, thinly sliced (玉ねぎ)
- 1 bay leaf (月桂樹)

Spices

- ¾ tsp ground coriander (コリアンダー)
- ½ tsp ground cumin (クミン)
- Pinch cayenne (カイエン)
- ½ tsp (3 g) salt + ⅛ tsp MSG (塩+MSG)

Aromatics

- 2 cloves garlic (にんにく)
- ½ tsp cumin seeds (クミンシード)
- ½ tsp black pepper (黒こしょう)
- Pinch allspice (オールスパイス)

Sauce

- 1 can (400 g) whole tomatoes (ホールトマト)
- 240 ml water

Pasta & Finish

- 250 g short pasta (パスタ)
- 25 g parsley or cilantro (パセリ/香菜)
- 160 g cheddar cheese (チェダーチーズ)
- 40 g Parmesan (パルメザン)
- Optional: hot sauce

Instructions

1. (Optional) Microwave **onions 2–3 minutes** to remove excess moisture.
2. Heat **oil**; cook **onions + bay leaf 15–20 minutes** until soft and lightly browned.
3. Add **spices + salt/MSG**; **cook 1 minute**. Remove half the onions and reserve.
4. Add **garlic, cumin seeds, pepper, allspice**; cook briefly.
5. Add crushed **tomatoes + water**; **simmer 15–20 minutes** until slightly thickened.
6. Cook **pasta 2 minutes under al dente**; reserve some pasta water.
7. Add **pasta, pasta water, and herbs** to sauce; mix.
8. Transfer to baking dish; top with reserved **onions** and **cheeses**.
9. Bake at **170°C** for **20–25 minutes** until bubbly and lightly golden.
10. **Rest 5–10 minutes** before serving.

Nutrition (per serving)

Kcal: 620 | Protein: 24 g | Fat: 28 g | Sat Fat: 11 g | Carbs: 70 g | Sugars: 10 g |
Fiber: 6 g | Sodium: 700 mg | Omega-3: 0 g