

Shirasu, Shiso & Pakuchi Pasta しらすとしそ・パクチーのあえパスタ

Serves: 2 | Pasta: 160 g | Pan: small skillet for garlic oil

Ingredients

Main:

- 160 g spaghetti (スパゲッティ 1.6–1.7 mm)
- 70–80 g shirasu (しらす)

Herbs:

- 15 g shiso (しそ)
- 15 g pakuchi / cilantro (パクチー)

Aromatics:

- 2 tsp / 10 g garlic, finely chopped (にんにく)

Oil & Seasoning:

- 2 T / 28 ml olive oil (オリーブオイル)
- 1 tsp low-sodium soy sauce or fish sauce

Finish:

- 15 g walnuts, chopped (くるみ)
- Lemon wedges (レモン)
- Black pepper



Instructions

1. Wash **shiso** and **pakuchi** thoroughly.
 - Dry well to avoid watery pasta.
 - Cut stems and leaves into 3–4 cm pieces.
2. Bring water to boil and salt lightly.
3. Cook pasta 1 minute less than package directions.
 - Reserve 80–100 ml pasta water before draining.
4. In a small skillet, combine **olive oil** and **garlic**.
 - Heat over **LOW** heat for **3–4 minutes**.
 - Garlic should gently bubble but not deeply brown.
5. Add **shirasu**.
 - Cook only **20–30 seconds**.
 - Turn off heat immediately.
6. Drain pasta and add to skillet.
7. Add **soy sauce** or **fish sauce**.
 - Add small amount of **pasta water** if needed.
 - Toss thoroughly.
8. Add **shiso**, **pakuchi**, and **walnuts**.
 - Toss quickly so residual heat lightly wilts herbs.
9. Serve immediately.
 - Finish with **black pepper** and **lemon** at table.

Notes

- Do not overcook shirasu; it should remain delicate.
- Low heat garlic oil is critical for proper flavor.
- Shiso adds a Japanese freshness that balances the pakuchi.
- Walnuts add texture and omega-3 richness.
- A tiny pinch of chili flakes can be added if desired.

Side Dish

Eggplant & Tofu Ginger Skillet

茄子と豆腐の生姜炒め

Nutrition

Per serving: Kcal: 470 | Protein: 21 g | Fat: 19 g | Sat Fat: 2 g | Carbs: 53 g |
Sugars: 2 g | Fiber: 4 g | Sodium: 600 mg | Omega-3: 0.9 g

Total dish: Kcal: 940 | Protein: 42 g | Fat: 38 g | Sat Fat: 4 g | Carbs: 106 g |
Sugars: 4 g | Fiber: 8 g | Sodium: 1200 mg | Omega-3: 1.8 g