



# Shrimp mac 'n' cheese

20'  
Hands on

40'  
Cook Time

6-8  
Portion(s)

2  
Difficulty



## Ingredients

- 4 liters water, ++extra for shrimps, optional
- salt
- 500 g macaroni
- 4 tablespoon(s) olive oil
- 500 g shrimps, shell on
- 6 tablespoon(s) butter
- 60 g all-purpose flour
- 1 1/2 tablespoon(s) tomato paste
- 1 liter milk, 3,5%
- 1 chicken bouillon cube
- 1/4 teaspoon(s) cayenne pepper
- 400 g canned tomatoes
- 4-5 tablespoon(s) thyme, fresh, only the leaves
- 400 g cheddar, grated
- 100 g gruyere cheese, grated
- pepper
- 200 g green salad

## Method

- Position the oven rack to a medium height and preheat oven to 200\* C (390\* F) Fan.
- Place a wide pot filled with 4 liters of water over high heat and bring to a boil.
- Add 1 tablespoon of salt and the pasta. Cook for about 6 minutes, until al dente.
- Drain and toss with a small amount of olive oil so that they don't stick together and set aside until needed.
- While the pasta is cooking, [prepare the shrimp](#). Keep the shells in one bowl and the shrimp in another.
- Melt the butter in a large, deep pan over medium heat until it starts to froth.
- Add the flour and tomato paste. Sauté until the mixture turns in to a paste.
- Add the milk in batches, making sure each addition is completely incorporated before adding the next, so that no lumps are formed.
- When all of the milk has been added, allow the béchamel sauce to thicken while stirring occasionally.
- When ready, remove from heat. Add the bouillon cube, cayenne pepper and stir.
- In a saucepan, add the canned tomatoes, a generous amount of thyme and the shells from the shrimp.
- Place over low heat and simmer for 10-15 minutes. Add a little water if necessary.
- Remove from heat and drain. Remove the shells and discard.
- Transfer the mixture's broth to a bowl and add the pasta. Stir.
- To the béchamel sauce, gradually add half of the gruyere and half of the cheddar. Stir to incorporate.
- Add the pasta mixture and stir. At this point you can add any aromatics you like.
- Transfer mixture to an ovenproof baking dish and add the remaining grated cheeses.
- Bake for about 15-20 minutes, until nice and golden.
- When ready, remove from oven and set aside for 10-15 minutes to cool before serving.
- While the pasta is cooling, cook the shrimp.
- Place a pan over medium heat and let it get very hot. Do not add any oil.
- Add 2 tablespoons of olive oil to the shrimp. Season with salt and pepper and toss to coat.
- When the pan is ready, add the shrimp and sauté for 2 minutes, until golden.
- Serve the shrimp with mac 'n' cheese and spinach.

## Διατροφικός πίνακας

Nutrition information per portion

727 Calories (kcal)	34.0 Total Fat (g)	20.0 Saturated Fat (g)	58.0 Total Carbs (g)
36%	49%	100%	22%
10.0 Sugars (g)	44.0 Protein (g)	5.4 Fibre (g)	2.1 Sodium (g)
11%	88%	22%	35%