



Shrimp Mac 'n' Cheese

20'

Hands on

40'

Cook Time

6-8

Portion(s)

2

Difficulty



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.

Ingredients

- 500 g elbow macaroni

For pasta and béchamel sauce

- 1 ½ tablespoons tomato paste
- 1 can chopped tomatoes
- 6 tablespoons butter
- 60 g all-purpose flour
- ¼ teaspoon cayenne pepper
- 1 liter milk 3.5% fat
- 1 chicken bouillon cube
- 4 cups grated cheddar cheese
- 1 cup grated gruyere cheese
- fresh thyme, only the leaves (4-5 tablespoons)
- 500 g shrimp, shell on
- 200 g baby 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%

- 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.