

Shrimp & Gruyere Mac-n-Cheese

Definitely not your mother's Mac & Cheese. We've cooked up a recipe that's healthier and more delicious than the American classic. It all starts with a creamy gruyere and white cheddar cheese sauce that's a perfect complement to sautéed shrimp, kale and tri-colored rotini. Topped with crunchy breadcrumbs, it's a speedy dinner that tastes out of this world.

30 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisks *Super Easy*

Getting Organized

EQUIPMENT

Large Saucepan
Casserole Dish

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Butter (½ Tbsp per serving)
Milk (1/8 cup per serving)

5 MEEZ CONTAINERS

Tri-Colored Rotini
Kale
Shrimp
Cheese & Spices
Breadcrumbs

Good to Know

Shrimp is a good source of selenium, omega-3 fatty acids, vitamin B12 and astaxanthin, a natural and powerful antioxidant.

Health snapshot per serving – 660 Calories, 55g Protein, 28g Fat, 19 Smart Points

Lighten Up snap shot per serving – 550 Calories, 47g Protein, 19g Fat, 15 Smart Points using 2/3 of the cheese.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Shrimp, Kale, Rotini, Gruyere, Cheddar, Parmesan, Panko Breadcrumbs, Garlic, Onion, Black Pepper, Paprika

meez meals

1. Getting Organized

Pre heat oven to 350 and put a saucepan of water, with a pinch of salt, to boil.

2. Cook the Pasta and Kale

Add the **Tri-Colored Rotini** to the boiling water. Cook for 5 minutes then add the **Kale** to the boiling water and continue cooking until the pasta is al dente, about 3 to 4 additional minutes. When done, drain both the rotini and kale well and set aside.

3. Sauté the Shrimp

Pat the **Shrimp** dry with a paper towel and cut each piece in half. Lightly salt and pepper.

Wipe out the saucepan used to cook the pasta and kale and heat 1 Tbsp olive oil and 1 Tbsp butter over high heat. When the butter has melted add the shrimp and cook for a minute on each side until they are opaque and no longer grey in color. Remove the shrimp from saucepan and set aside with rotini and kale. Don't wipe out the saucepan.

4. Create the Cheese Sauce and Combine

Turn the heat to low and add ¼ cup of milk and half of the **Cheese & Spices** and stir until the cheese melts. Add the cooked rotini, kale, and shrimp and mix well, then remove from the heat.

5. Bake & Serve

Transfer the contents of the saucepan to an oven-safe casserole dish. Top with the remaining cheese and then the **Breadcrumbs**. Bake until the breadcrumbs are just starting to brown, about 8 to 10 minutes, then turn the oven to broil and cook (watching them the entire time so they don't burn) until the top is golden brown, and the breadcrumbs appear crunchy, about 1 to 2 more minutes.

Remove from the oven and let rest for at least 5 minutes. Enjoy!

*After plating
the mac-n-
cheese, spoon
any extra
cheese sauce
at the bottom
of the
casserole dish
on top.*

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois