

# Truffle Mac-n-Cheese

There's no confusing this mac-n-cheese with the stuff in a box. We are combining gruyere and white cheddar with mushrooms, brussels, shell pasta and REAL truffle butter to create a dinner that's rich, sophisticated, and out of this world good.

**45** Minutes to the Table

**25** Minutes Hands On

**1 Whisk** Super-Easy

## Getting Organized

### EQUIPMENT

Large Saucepans  
Casserole Dish  
Mixing Bowl

### FROM YOUR PANTRY

Flour (1/2 Tbsp per svg.)  
Butter (1/2 Tbsp per svg.)  
Olive Oil  
Salt and Pepper

### 6 MEEZ CONTAINERS

Shell Pasta  
Mushrooms  
Brussels Sprouts  
Cream Sauce  
Cheese & Breadcrumbs  
Truffle Butter

## Add Protein Cooking Instructions

**CHICKEN** -Prior to Step 3, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Chicken Breasts and, when the oil is hot, cook until crisp and brown, about 4 to 5 minutes on each side. Let rest for 5 minutes. Shred with two forks and stir into the mac and cheese before it bakes in Step 5.

**STEAK** - While the mac and cheese is baking in Step 5, heat 1 Tbsp olive oil in a large skillet over high heat. Salt and Pepper the steaks and when the skillet is very hot, add the Steaks to the pan. Cook until the bottoms brown and the sides start to color, about 4 minutes each side for medium (3 min med-rare and 5-6 min for well done). Let rest for 5 minutes. Serve alongside the mac and cheese..

If you added shrimp, we recommend serving it separately with salt & pepper. Cook in a skillet with 1 Tbsp oil over medium-high heat to an internal temperature of 145 degrees..

## Good to Know

**Health snapshot per serving** – 980 Calories, 39g Protein, 63g Fat, 69g Carbs.

**Lightened Up Health snapshot per serving** – 610 Calories, 42g Fat, 41g Carbs, using all the veggies and half of everything else.

SCAN QR CODE  
to view YouTube  
cooking video



INGREDIENTS: Shell Pasta, Brussel Sprouts, Mushrooms, Half & Half, Gruyere, White Cheddar, Panko Breadcrumbs, Vegetable Stock, Salted Butter, Black Truffle Pate, Black Pepper, Paprika, Garlic, Onion Powder.

meez *meals*

*It doesn't matter how much water you use as long as it will comfortably cover the shells.*

### 1. Getting Organized

Preheat oven to 375 degrees. Bring a large saucepan of water to boil with a pinch of salt. Spray or lightly brush a casserole dish with oil.

### 2. Cook the Shell Pasta

Add the **Shell Pasta** to the boiling water and cook until slightly firmer than al dente, about 7 to 8 minutes (it will finish cooking in step 5). Drain and set aside in the colander until step 4.

### 3. Sauté the Mushrooms and Brussels

Return the now-empty saucepan to the stove, with 1 Tbsp olive oil, over medium high heat. Add the **Mushrooms** and two-thirds of the **Brussels Sprouts** and cook until the mushrooms have softened and the Brussels are bright green, about 4 minutes.

### 4. Create the Cheese Sauce

Add 1 Tbsp plain butter (not the Truffle Butter we sent you) to the pan. Mix to coat the vegetables. Add 1 Tbsp flour and mix until the vegetables are coated in flour. Cook until the flour starts to brown, about 2 minutes. Add the **Cream Sauce** and bring to a boil, stirring continuously. Continue stirring and cook until the sauce thickens, about an additional 3 minutes. Turn off the heat. Add half the **Cheese & Breadcrumbs** and stir until cheese melts and there are no clumps. Add the cooked shells and mix well.

### 5. Bake the Dish

Pour the entire contents of the saucepan into the oiled casserole dish. Combine the remaining cheese & breadcrumbs and remaining uncooked brussels in a mixing bowl. Spread in a single layer, edge-to-edge on top of the mac-n-cheese. Bake until the sauce is bubbly and the breadcrumbs are golden brown, about 12 to 15 minutes.

### 6. Top with the Truffle Butter

Remove the casserole dish from the oven and immediately top with small dollops of the **Truffle Butter**. Let the dish rest for at least 5 minutes. Enjoy!

Instructions for two servings.

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