



MAC AND CHEESE

BY LIONEL RIGOLET



Time
80min



Servings
4

Calcium Recommended Daily Intake
46%

Calories

527

Calcium

630mg

Protein

23g

Vitamin D

57 IU

Ingredients

- 6 dl full-fat milk
- 1,5 g green curry powder
- 3 g Italian spice mix
- 250 g macaroni, cooked al dente
- 200 g Le Gruyère AOP
- 50 g cubed Gruyère AOP
- 30 g butter
- 20 g flour
- 30 g breadcrumbs
- 5 g chopped fresh marjoram
- 1 pinch nutmeg
- 1 pinch of pepper

Instructions

1. Pour the milk into a saucepan, bring to a simmer then remove from the heat. Add the green curry powder and Italian spices, cover with cling film and leave to infuse for 10 minutes. Strain through a fine sieve and press well.
2. Set aside.
3. Melt the butter in a saucepan, add the flour and mix well. Cook for 2 minutes, then gradually pour in the milk, stirring continuously to form a smooth sauce.
4. Sprinkle in 150 g of the grated Gruyère AOP and season with freshly ground pepper and grated nutmeg. Mix well.
5. Add the marjoram, the cooked macaroni and the diced Gruyère AOP. Mix well and pour into a baking dish.
6. Sprinkle the remaining 50 g of grated Gruyère AOP over the top and finish with the breadcrumbs.
7. Bake in a preheated oven at 180°C for about 30 minutes.
8. Serve with a baby leaf salad dressed with a little lemon juice and grapeseed oil.



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