



**Dinner recipe.**

## **Gourmet Mac and Cheese**

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## **Preparation.**

1. Put the macaroni and garlic in a ziplock.
2. Stick the milk powder and spices in another bag.
3. The cheese goes in a bag of its own.
4. Take a container for the olive oil.

## **Instructions.**

5. Cold soak the macaroni for 90 minutes in a cup of water.
  6. Boil the pasta and let it cook for 2 minutes, keep the water aside for the sauce.
  7. Sauté the garlic in the olive oil, don't let it brown.
  8. Add 2/3 cup of water in and stir the milk bag through.
  9. Add the macaroni back to the pot and stir in the cheese.
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## **Ingredients.**

- Grated parmesan, 4.5oz(125gr), 528kcal
- Macaroni, 3.5oz(100gr), 360kcal
- Whole milkpowder, 0.5oz(14gr), 60kcal
- 2tbsp olive oil, 0.7oz(20gr), 180kcal
- 1 clove garlic, 0.1oz(3gr), 4kcal
- 1/2tsp sumac, 0.07oz(2gr), 8kcal
- 1/4tsp smoked paprika, 0.035oz(1gr), 4kcal
- 1/4tsp ground mustard, 0.035oz(1gr), 3kcal
- 1/4tsp thyme, 0.035oz(1gr), 3kcal

**9.5oz(267gr), 1150kcal**

**121 kcal/oz**