

# CLASSIC LOBSTER MAC & CHEESE

## Ingredients

- 1 lb cavatappi or elbow pasta
- 1 lb cooked lobster meat, chopped
- 2 TBS butter
- 1/4 C flour
- 2 C skim milk
- 1 C low sodium chicken broth
- 1 C shredded sharp cheddar
- 1 C shredded gruyere
- pinch of nutmeg - optional
- salt and pepper
- 1 C panko
- 1/4 C grated parmesan cheese



## Instructions

1. Preheat oven to 400. Make the breadcrumbs by combining the panko with the parmesan, then sprinkle a little salt and pepper in and set aside.
2. Cook and drain the pasta then set it aside. Using the same pot, melt the butter over medium heat, then add flour, whisking together until combined and golden, then slowly whisk in the milk, stirring to combine. Let that simmer over medium-low heat, until it has thickened. Add a pinch of salt, pepper and nutmeg if desired, then turn off the heat and stir in the cheese, stirring until all the cheese has melted. Taste for additional salt or pepper, then add in lobster meat and pasta.
3. Pour everything into a baking dish, then sprinkle the panko mixture over the top.
4. Bake for 20-25 minutes, or until the panko has toasted and browned. Let cool slightly before serving, and garnish with fresh chopped parsley if desired.