

Lobster Mac and Cheese

Lobster mac and cheese is a delicious spin on your favorite side dish!

Prep Time	Cook Time	Total Time
30 mins	40 mins	1 hr 10 mins

Course: Entree Cuisine: American Servings: 8

Calories: 776kcal Author: Amy Duska



5 from 4 votes

Ingredients

- 4 tablespoons butter
- 4 tablespoons flour
- 2 cups heavy cream
- 6 oz. Parmesan cheese grated
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 teaspoon cayenne pepper
- 2-3 lobster tails
- 1 lb. elbow macaroni
- 4 oz. Parrano or Gruyere cheese shredded
- 8 oz. sharp cheddar cheese shredded
- 1/2 cup Italian bread crumbs

Instructions

1. Preheat oven to 350° and grease an 8" x 8" baking dish.
2. Boil the elbow macaroni for 5 minutes or until al dente, drain and set aside.
3. Boil the lobster tail for 8-10 minutes, let cool and cut into bite size pieces.
4. In a heavy saucepan, melt the butter and then add the flour, whisking until combined. Gradually add the heavy cream, whisking constantly until the mixture becomes smooth and creamy. Stir in the salt, pepper, cayenne pepper and Parmesan cheese and stir until melted. Pour the cooked macaroni into the cheese mixture and stir to combine.
5. Place a third of the macaroni mixture onto the bottom of the baking dish and then sprinkle with a third of the lobster meat and then with a third of the shredded cheese.
6. Continue to layer the dish until you have the last layer of shredded cheese on top.
7. Sprinkle the dish with the italian breadcrumbs and bake for 40-45 minutes or until bubbly and golden brown on top. Remove from the oven and serve hot.

Nutrition

Calories: 776kcal | Carbohydrates: 53g | Protein: 31g | Fat: 49g | Saturated Fat: 30g |
Cholesterol: 176mg | Sodium: 993mg | Potassium: 281mg | Fiber: 2g | Sugar: 2g | Vitamin A:
1680IU | Vitamin C: 0.6mg | Calcium: 638mg | Iron: 1.8mg