



Pasta gratin with Béchamel sauce

Preparation time: 30 minutes

Cooking time: 20 minutes

Béchamel: ingredients for 1 person:

- 10 g of butter
- 10 g of flour
- 200 ml of milk
- 10 g of Protinut
- Salt and pepper

Pasta gratin: ingredients for 1 person:

- 150 g of twisted pasta
- 10 g of gruyere cheese
- Béchamel

Directions Bechamel sauce:

- > Melt the butter and add the flour
- > Cook this mixture 1 to 2 minutes
- > Add the milk and stir the preparation with a whisk
- > Stir continuously while the liquid thickens

- > At the last time add the protein powder
- > Add salt-pepper

Directions Pasta gratin:

- > Cook pasta during 10 minutes and drain them
- > Mix the pasta with the béchamel HP sauce
- > Place in a baking dish
- > Cover with gruyère cheese
- > Grill for about 10 minutes

PROTINUT
(plain)



Chef's tip

You can also incorporate cubed ham or bacon bits for more proteins.