

Baked seafood pasta

TIME: 30 mins - 1 hour | SERVES: 4-6



Murdoch Recipe Article Lead - narrow

A recipe from the Good Food collection.

Ingredients

250 g (9 oz) lasagne sheets
500 g (1 lb 2 oz) boneless fish fillets
125 g (4 1/2 oz) scallops
500 g (1 lb 2 oz) raw prawns (shrimp),
peeled and deveined
125 g (4 1/2 oz) salted butter

Method

1. Preheat the oven to 180°C (350°F/ Gas 4). Grease a shallow 24 × 30 cm (9 1/2 × 12 inch) ovenproof dish and line with lasagne sheets, breaking them to fill any gaps. Chop the fish and scallops into bite-sized pieces. Chop the prawns.

1 leek, sliced

90 g (3 1/4 oz/3/4 cup) plain (all-purpose) flour

500 ml (17 fl oz/2 cups) milk

500 ml (17 fl oz/2 cups) dry white wine

125 g (4 1/2 oz/1 cup) grated cheddar cheese

125 ml (4 fl oz/1/2 cup) pouring (whipping) cream

60 g (2 1/4 oz) grated parmesan cheese

2 tablespoons chopped parsley

2. Melt the butter in a large saucepan and cook the leek, stirring, for 1 minute. Add the flour and cook, stirring, for 1 minute. Remove from the heat and slowly stir in the milk and wine until smooth. Return to medium heat and stir constantly until the sauce boils and thickens. Reduce the heat and simmer for 3 minutes. Stir in the cheddar cheese and seafood, season and simmer for 1 minute.

3. Spoon half the seafood sauce over the lasagne sheets. Top with another layer of lasagne sheets. Continue layering the sauce and the sheets, finishing with lasagne sheets.

4. Pour the cream over the top. Sprinkle with the combined parmesan and parsley and bake for 30 minutes, or until bubbling and golden.
