

Recipe Card

Seafood Lasagne

Brought to you by the

International Student Food Project (University of Reading)



Feel like a chef? Try this rich and delicious seafood lasagne by Jan & Winai

(based on <https://www.youtube.com/watch?v=OAYjz4aDHfE>)

Ingredients

| | | |
|------------------------------------|------------------------|--------------------------------|
| 10 lasagne sheets | 400g chopped tomatoes | salt |
| 200g white fish fillets | 30g unsalted butter | pepper |
| 150g scallops | 30g plain white flour | a handful of parsley and basil |
| 200g prawns | 500ml whole milk | a tsp of dried oregano |
| 200g mussels (shelled, pre-cooked) | 125g Mozzarella cheese | a pinch of ground nutmeg |
| 1 yellow bell pepper | 50g Cheddar cheese | |
| 1 red onion | 25g Parmesan cheese | |
| 3 cloves of garlic | 1 tbsp of olive oil | |
| 1-2 packs of fresh spinach | | |
| 100ml white wine | | |

Preparing seafood sauce

1. Chop the tomatoes, onion and bell pepper.
2. Heat the pan, add olive oil.
3. Add the onion, then garlic.
4. Add bell pepper, fry for 5 minutes, then add tomatoes, simmer for 15 minutes (until the tomatoes change into sauce).
5. Add white fish and parsley and basil.
6. Add scallops, prawns and finally mussels.
7. Add white wine, bring to the boil, remove from heat.



Making white sauce

1. Switch on the hob (low heat), melt butter.
2. Add flour (as much as butter) and stir until it starts smelling like biscuits.
3. Keep adding a little milk at a time and stirring until it becomes smooth.
4. Add a little salt, black pepper, nutmeg and keep stirring over heat for 10 minutes (until the sauce thickens).



Preparing spinach and lasagna sheets

1. Boil 2 packs of spinach in a small amount of water just enough for the leaves to wilt. Drain and put aside.
2. Soften lasagne sheets using hot water.

Preparing to bake

1. Put half of prepared seafood sauce in the tray as the bottom layer.
2. Cover with boiled spinach (half).
3. Cover with white sauce (half)
4. Cover with some Mozzarella/Cheddar Cheese
5. Layer with soft lasagna sheets.
6. Add the other half of prepared seafood sauce,
7. Layer with soft lasagna sheets.
8. Cover the top with white sauce and remaining Cheddar and Parmesan cheese.
9. Bake in a preheated oven at 180 C for about 30 min.

