



SEAFOOD LASAGNA

Category: Popular

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Seafood Lasagna

Seafood lasagna is a delicious twist on the traditional Italian lasagna. This rich and creamy dish features layers of succulent seafood, cheesy béchamel sauce, and tender lasagna noodles.

Perfect for special occasions or a weeknight dinner, this seafood lasagna combines the flavors of shrimp, scallops, and fish, with a luscious white sauce that perfectly complements the seafood.

If you're looking to impress your family or guests with a dish that's both comforting and sophisticated, this seafood lasagna is the perfect choice.

Ingredients:

For the seafood filling:

1 lb shrimp, peeled and deveined

1/2 lb scallops, cleaned and chopped

1/2 lb white fish (cod or tilapia), cut into small chunks

1/4 cup butter

2 cloves garlic, minced

1/4 cup dry white wine

1 cup heavy cream

Salt and pepper to taste

1/4 cup fresh parsley, chopped

For the béchamel sauce:

1/4 cup butter

1/4 cup all-purpose flour

2 cups whole milk

1 cup grated Parmesan cheese

Salt and pepper to taste

Pinch of nutmeg (optional)

For assembly:

12 lasagna noodles, cooked and drained

1 1/2 cups mozzarella cheese, shredded

1/2 cup Parmesan cheese, grated

How to Make:

Prepare the seafood filling: In a large skillet, melt the butter over medium heat. Add the garlic and sauté until fragrant, about 1 minute. Add the shrimp, scallops, and fish. Cook for 3-4 minutes or until the seafood is cooked through. Pour in the white wine and allow it to simmer for 1-2 minutes to reduce slightly. Stir in the heavy cream and cook for another 2 minutes, until the mixture thickens. Season with salt, pepper, and chopped parsley. Remove from heat and set aside.

Make the béchamel sauce: In a saucepan, melt the butter over medium heat. Add the flour and whisk constantly for 1-2 minutes until the mixture becomes golden and bubbly. Gradually add the milk, whisking continuously to avoid lumps. Continue to cook the sauce for 5-7 minutes until it thickens. Stir in the Parmesan cheese and season with salt, pepper, and a pinch of nutmeg. Set aside.

Assemble the lasagna: Preheat your oven to 375°F (190°C). In a baking dish, spread a thin layer of béchamel sauce on the bottom. Place a layer of lasagna noodles over the sauce. Add a third of the seafood mixture, followed by a layer of béchamel sauce and a sprinkle of mozzarella cheese. Repeat this process

two more times, finishing with a layer of béchamel sauce on top. Sprinkle the remaining mozzarella and Parmesan cheeses over the top layer.

Bake the lasagna: Cover the baking dish with aluminum foil and bake for 25 minutes. After 25 minutes, remove the foil and bake for an additional 15 minutes or until the top is golden and bubbly. Let the lasagna cool for 10 minutes before slicing and serving.

Chef's Note: For an extra flavor boost, you can add a few tablespoons of grated lemon zest to the seafood filling or sprinkle it on top of the lasagna before serving. You can also customize the seafood according to your preference—lobster or crab can be great additions as well.

Nutrition Information (per serving):

Calories: 480

Protein: 28g

Carbohydrates: 36g

Fat: 24g

Saturated fat: 12g

Cholesterol: 140mg

Sodium: 700mg

Fiber: 2g

Sugars: 4g

Enjoy this indulgent seafood lasagna with a side salad or crusty bread for a complete meal that will surely impress!