

# Seafood Lasagne

This healthy lasagne substitutes meat for seafood and creates a deliciously light midweek meal for all the family

"Lasagne gets a lot of bad press for being full of fat, but this version is filling enough to please your man (the mussels give it a surprisingly meaty texture), calorie conscious enough to keep your slinkiest friends happy and children will love the cheesy topping. If that weren't enough, it's also a mean hangover cure."

Serves 4-6

## Ingredients

- 1 large white onion, finely chopped
- 2 cloves garlic, finely chopped, or 1 tsp garlic paste
- 1 tbsp olive oil
- 2 x 400g tins chopped tomatoes
- 1 tsp dried oregano
- Salt and freshly ground black pepper
- 650g mixed seafood such as prawns, mussels, squid and haddock
- 1 tbsp cornflour
- 300ml semi-skimmed milk
- 100g mature cheddar cheese, grated
- 8-10 dried lasagne sheets
- Handful fresh flat-leaf parsley, chopped

## Method

- Preheat the oven to 170°C/gas mark 3. Heat a saucepan over a medium heat and add the olive oil. Add the chopped onion and garlic and fry for 4-5 minutes until soft. Next, add the tinned tomatoes, sugar and oregano, mix well and leave to simmer for 2-3 minutes. Then remove from the heat and mix in the seafood.
- Into another saucepan, add the cornflour and a little of the milk to make a paste. Mix until thoroughly combined, then pour in the rest of the milk. Place the saucepan over a medium heat and stir continuously until the sauce starts

to thicken, being careful to avoid lumps. (If it's looking a little lumpy, use a whisk to stir quickly for a few minutes to break up any lumps.) Then, add half of the grated Cheddar cheese and stir until the cheese has completely melted and the sauce has thickened. Remove from the heat.

Into a baking dish, place a layer of the seafood mixture, then cover with a layer of lasagne sheets. Repeat this process until you have used all the seafood mixture, being sure to end with a layer of lasagne sheets. Pour the cheese sauce over the top.

- Place in the oven and bake for about 30 minutes. Half way through the cooking time, sprinkle over the remaining cheese and the chopped fresh parsley. Once the cheese has browned slightly, remove from the oven and allow to cool for 10 minutes before serving with a fresh green salad.

Energy(Kcal)	Carbohydrate	Protein	Fat
728.5	64	34.75	39.5

