

Seafood Lasagne

Serves: 2

Ingredients:

30g Butter
30g flour
½ tsp mustard
½ pint of milk
1tbsp olive oil
½ onion
1 garlic clove
2 trout fillets
125g cooked prawns
200g chopped tomatoes
½ red pepper
½ green pepper
1 handful of grated cheddar cheese
4 lasagne sheets

Method:

1. Preheat the oven to 200oC/400oF/Gas Mark 6
2. Melt the butter in a saucepan. Add the flour and mustard and stir until smooth
3. Simmer gently and then gradually add the milk whisking until smooth
4. Bring to the boil and simmer for 2 minutes.
5. Remove from the heat and reserve. Cover the surface to prevent a skin from forming

6. Heat the oil in a frying pan. Add the onion and garlic and cook gently until onions are soft.
7. Add the mixed peppers and simmer for 5 minutes or until soft.
8. Stir in the tomatoes. Bring to the boil and reduce the heat and simmer for 15minutes

9. Cut the fish into bite sized pieces. Grease a lasagne dish and spoon ½ tomato mixture over the base, top with ½ fish and prawns and layer the lasagne over the top.
10. Pour over ½ the white sauce and sprinkle over ½ grated cheese.
11. Repeat these layers finishing off with the white sauce and grated cheese.

12. Bake in the preheated oven for 35mins, or until the top is golden and the fish cooked through.

Serve with a green salad and fresh crusty wholemeal bread