

## Healthy Seafood Lasagne

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Serves 4

### **Ingredients: -**

100g/4oz - skinned smoked haddock

100g/4oz - skinned plaice fillets

100g/4oz - peeled prawns

50g/2oz - button mushrooms

25g/1oz - plain flour

225g/8oz - low fat fromage frais

9 sheets - oven ready lasagne Verdi

75g/3oz - low fat Cheddar type cheese, grated

3 - unpeeled prawns

300ml/½ pint - skimmed milk

25g/1oz - virgin olive oil

1 - onion

50g/2oz - frozen peas

15ml/1 tbsp - chopped parsley

15ml/1 tbsp - tomato puree

Green pepper slices



## **Method: -**

Cut the fish into small bite-sized cubes and put in a pan with the peeled prawns and the milk.

Bring to the boil and simmer for 5 minutes. Drain milk into a jug.

Put oil in a clean saucepan. Peel and finely chop the onion and add to the pan.

Wipe and slice the mushrooms, cook over a gentle heat with the peas and

onion for 2-3 minutes.

Stir in the flour, gradually add the reserved milk to make a sauce.

Stir in the chopped parsley and the tomato puree.

Add the fish.

Dip the lasagne in warm water, spoon a little of the fish sauce and filling onto the base of a

1.1 litre/2 pint shallow ovenproof dish.

Arrange 3 sheets of lasagne on top, follow with another 2 layers of filling and lasagne.

Combine the fromage frais with the grated cheese and spread over the

lasagne.

Cook for 30 minutes in the oven 180°C/350°F/gas mark 4.

Garnish with slices of green pepper and unpeeled prawns.

Serve with hot vegetables or salad.



# Upbeat - Heart Support In West Suffolk

Charity No 1087415

Upbeat Is Affiliated To The British Heart Foundation and Arrhythmia Alliance The Heart Rhythm Charity.

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