

Seafood Lasagna

Yield: 9 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/waitrose-italian-cod-recipe>

Ingredients:

- 1 tablespoon butter
- 1 pound seafood king crab, shrimp and scallops
- 1 teaspoon garlic chopped
- 1/4 cup white wine or chicken stock
- 1 tablespoon lemon juice
- 4 tablespoons butter
- 2 teaspoons garlic chopped
- 4 tablespoons flour rice flour or masa harina for gluten free
- 3 cups milk
- 1/2 cup Parmigiano Reggiano grated
- salt
- pepper
- 1/4 cup dill chopped
- 16 ounces ricotta cheese
- 10 ounces spinach thawed and drained
- 1 egg
- 1/2 cup Parmigiano Reggiano grated
- 1 cup mozzarella grated
- 1/2 pound lasagna noodles cooked, gluten free for gluten free
- 1/4 cup Parmigiano Reggiano grated
- 1/2 cup mozzarella grated

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 100 milligrams
4. Fat: 23 grams
5. Fiber: 1 grams
6. Protein: 21 grams

7. SaturatedFat: 14 grams
 8. Sodium: 610 milligrams
 9. Sugar: 5 grams
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