

Salmon and Spinach Lasagne

Ingredients

serves 6-8

- 1 lemon, sliced
- 2 dried bay leaves
- 3 x 200g salmon portions
- 80g butter
- ½ cup plain flour
- 3 ½ cups milk
- 150g tasty cheese, grated
- 1 egg, whisked
- 2 blocks 250g frozen spinach, thawed
- 700g raw prawn meat, tails removed
- ¼ cup chopped dill
- 9-10 pasta sheets
- 1/3 cup parmesan, finely grated



Method

Preheat oven to 200°C. Grease a 10-cup-capacity baking dish. Add lemon, bay leaves, peppercorns and 6 cups water to frying pan over medium heat. When mixture comes to a simmer, add salmon, cover and reduce heat to low. Cook for 10 minutes or until just cooked. Use a spoon to transfer to a plate. Cool.

Meanwhile, melt butter in a pan over medium heat. Whisk in flour. Cook for 2 minutes. Remove from heat and whisk in milk until smooth. Return to heat and whisk until sauce comes to a boil and thickens. Reduce heat to low and simmer for 2 minutes. Remove from heat and stir in cheese. Cool. Stir in egg and season.

Flake salmon. Squeeze out excess water from spinach. Combine with salmon, prawns and dill in a bowl. Set aside.

Spread 1/4 of sauce over base of dish. Top with 1/3 of pasta. Spread over half of the seafood mixture. Repeat layers. Finish with remaining sauce and parmesan. Bake for 40 minutes until golden.

Serve with fresh garden salad.