

# Seafood Pasta Bake



## Recipe By Jaxters

**Ref:** 767

**Heading:** Pasta

**Cuisine:** Italian

**Food Type:** Seafood

**No of Portions:** 4

## Ingredients & Prep

250 g Dried Macaroni or Penne

200 g Raw de-shelled prawns

200 g Raw cleaned squid chopped

400 g Raw Mussels in shells

30 g Flat leaf parsley chopped

### Sauce

300 ml Full fat milk

100 ml Double cream

50 g Gruyere cheese grated

80 g Cream cheese

100 tbsp White wine

30 g Flat leaf parsley chopped

50 g Butter unsalted

25 g Plain flour

1/2 Onion med finely chopped

1 Fish stock cube or gel pot

1/4 tsp Ground White pepper

## Suggestion & Tips

Have with crusty bread & salad. You can use a raw mixed seafood for the supermarket.

## Method

**Step 1** - Pre-heat oven to 200°C fan.

**Step 2** - Cook pasta as per instructions in slightly salted water.

**Step 3** - To make the sauce, put butter in a saucepan & onion & cook until soft about 2 to 3 mins, add flour & mix in, cook until it bubbles, add milk slowly whisking all the time, when all the milk had been added & smooth, add cheeses, cream, wine stock cube & pepper, stir until smooth & continue to cook until it bubbles for 1 min, take off the heat & stir in parsley.

**Step 4** - Tip cooked pasta into a baking dish, spread out evenly, then evenly spread over the seafood over the top, then pour over hot sauce evenly over the top, bake in the oven for 12 to 16 mins or until it bubbles.