

White Sauce Seafood Lasagna with Tender Shrimp and Sweet Crab

Seafood Lasagna with Shrimp and Crab - Rich, Creamy, and Absolutely Luxurious



OVEN
375°F

TIME
4 min

PRINT
Recipe Card

SAVE
PDF

INGREDIENTS

For the Seafood Filling:

- 1 pound shrimp, peeled, deveined, and chopped
- 1 cup lump crab meat (picked over for shells)
- 2 tablespoons butter
- 3 cloves garlic, minced
- 1 teaspoon Italian seasoning
- Salt and black pepper to taste

For the Cream Sauce:

- 4 tablespoons butter
- 4 tablespoons all-purpose flour
- 3 cups milk (warm)
- $\frac{1}{2}$ cup heavy cream
- 1 cup grated Parmesan cheese
- $\frac{1}{2}$ teaspoon nutmeg
- Salt and pepper to taste

For Assembly:

- 9 lasagna noodles (cooked al dente)
- 2 cups shredded mozzarella cheese
- 1 cup ricotta cheese
- Fresh parsley (optional garnish)

DIRECTIONS

1. Cook the : SeafoodIn a skillet, melt butter over medium heat. Add garlic and sautØ for 30 seconds. Stir in shrimp, season with salt, pepper, and Italian seasoning. Cook until shrimp turns pink (about 3-4 minutes). Gently fold in crab meat and remove from heat.
2. Prepare the : Cream SauceIn a saucepan, melt butter over medium heat. Whisk in flour and cook for 1-2 minutes. Gradually whisk in warm milk and cream. Cook until thickened, stirring constantly. Add Parmesan, nutmeg, salt, and pepper. Stir until smooth.
3. Preheat : OvenPreheat oven to 375°F (190°C).
4. Layer the : LasagnaIn a greased 9x13-inch baking dish, spread a thin layer of cream sauce. Add lasagna noodles, seafood mixture, ricotta dollops, mozzarella, and more sauce. Repeat layers, finishing with mozzarella and sauce on top.
5. Bake: Cover with foil and bake for 25 minutes. Remove foil and bake an additional 15-20 minutes until bubbly and golden.
6. Rest : Before ServingLet lasagna rest for 10-15 minutes before slicing.

SWAPS & NOTES

and Substitutions Fresh or frozen shrimp both work - just thaw and pat dry first.

Imitation crab can be used in a pinch, though lump crab offers superior flavor.

Add spinach for a pop of color and added nutrition.
Swap mozzarella for Gruyère for a deeper flavor profile.

