



# Mixed Seafood Pasta Bake



4 to 5 Servings



45 minutes

## Ingredients :

- Pasta
- Shrimp
- Scallops
- Crab meat
- Olive oil
- Garlic
- Butter
- All-purpose flour
- Milk
- Heavy cream
- Salt
- Black pepper
- Italian seasoning
- Mozzarella cheese
- Parmesan cheese



## Instructions :

1. Preheat the oven to 375°F and lightly grease a baking dish .
2. Cook the pasta in salted water until just al dente , then drain and set aside .
3. Heat olive oil in a pan and sauté garlic until fragrant .
4. Add shrimp , scallops , and crab meat , cooking briefly until just opaque , then remove from heat .
5. In the same pan , melt butter and stir in flour to form a smooth base .
6. Slowly add milk and heavy cream , stirring until the sauce thickens .
7. Season the sauce with salt , black pepper , and Italian seasoning .
8. Combine the cooked pasta , seafood mixture , and sauce in a large bowl .
9. Transfer the mixture to the prepared baking dish and sprinkle mozzarella and parmesan cheese evenly on top .
10. Bake uncovered for 20 minutes or until the top is bubbly and lightly golden .
11. Remove from the oven and let the pasta bake rest for 5 minutes before serving .