Salmon and Spinach Lasagne with Lemon White Sauce

4 portions of three-layer salmon-spinach lasagne, including all pasta, sauce and cheese | Active 45 min | Cook 60 min | Total 105 min

Ingredients

- 9 dried enriched-wheat lasagne sheets that require boiling (240 g total), each about 3×8 inches/7.5×20 cm
- 14 oz raw Atlantic farmed salmon, skin and pin bones removed, cut into 3/4-inch/2 cm pieces (400 g edible fish)
- 10 1/2 oz fresh spinach, washed and dried (300 g)
- 1 teaspoon olive oil (5 ml/4.5 g)
- 2 1/2 tablespoons unsalted butter (35 g)
- 1 3/4 oz all-purpose flour (50 g)
- About 3 cups 2% milk (700 ml; use 700 g for the estimate)
- 1 teaspoon finely grated lemon zest (2 g)
- A small handful fresh dill, chopped (8 g)
- 1/2 teaspoon fine salt (3 g)
- 1/2 teaspoon ground black pepper (1 g)
- 2 1/8 oz mature Cheddar, grated (60 g)

Set out

Kitchen scale, large pot and colander for pasta, Wide skillet and clean plates for cooked sheets, Heavy 2 qt/2 liter saucepan, whisk and spatula, Deep square baking dish, usable base about 9×9 inches/23×23 cm and at least 2 1/2 inches/6 cm deep, capacity at least 3 qt/3 liters, Foil or an oven-safe lid and food thermometer

Allergens

Wheat, Milk, Fish (salmon), Check the actual lasagne sheets for egg or other declared allergens.. Check labels and substitutions.

Make it

1. Heat oven to 375°F/190°C. Cook the weighed lasagne sheets in plain boiling water according to their packet for sheets that require boiling. Drain and lay separately on clean plates so they do not stick together. Do not use oven-ready sheets for the stated liquid balance.

2. Heat oil in the skillet over medium heat. Add spinach in handfuls and cook for 4–6 minutes, stirring, until wilted and loose water has evaporated. Cool briefly, chop and keep all the leaves for the layers. Cut raw salmon on a separate board, then wash hands and clean raw-fish equipment.

3. Melt butter gently in the saucepan. Stir in flour and cook for 1 minute without browning. Gradually whisk in the measured milk, smoothing each addition before adding more. Bring to a gentle simmer and cook for 4–5 minutes, stirring along the base, until it coats a spoon. Remove from heat and stir in zest, dill, salt and pepper.

4. Spread a small spoonful of sauce over the base of the deep dish. Fit three sheets over it, trimming and reusing any offcuts. Add half the raw salmon, half the spinach and one third of the remaining sauce. Repeat with three sheets, all remaining salmon and spinach and another third of the sauce. Finish with the last three sheets and all remaining sauce. Scatter all Cheddar over the top. Use every weighed sheet and keep at least 1/2 inch/1.5 cm headroom.

5. Cover and bake for 30 minutes. Uncover and bake for another 10–15 minutes, until gently golden, bubbling and at least 165°F/74°C in the center of the assembled casserole, including a central fish piece. If needed, continue until that endpoint. Rest for 10 minutes and cut into four equal portions.

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Estimated nutrition per serving

Calories: 715 kcal | Protein: 41.1 g | Carbohydrate: 66.4 g | Fat: 31.5 g | Fiber: 4.1 g. One of 4 servings. Batch yield: 4 portions of three-layer salmon-spinach lasagne, including all pasta, sauce and cheese. Base ingredients and full measured oil included; optional variations excluded. Estimates vary with brands, cooking and actual portions.

A dinner portion that reheats as one piece

The sauce and layered pasta protect the fish better than a dry tray of leftovers, although reheated salmon will still be firmer. Pack one quarter of the complete dish into each container while the portions are easy to identify, and warm only the meal needed.

A useful detail

The salmon is weighed raw and cooks only once in the lasagne. All milk, butter and flour become the sauce. The estimate counts the complete raw spinach weight and full oil, with water removed by evaporation. The timing includes boiling the sheets and making the sauce before the oven stage.

Another way

Replace the 400 g salmon with 400 g raw boneless cod pieces, keeping the assembled casserole endpoint of 165°F/74°C.

Replace the 60 g Cheddar with 60 g low-moisture part-skim mozzarella. The base estimate covers salmon and Cheddar.

Keep it well

After the short serving rest, transfer saved portions into shallow containers and refrigerate within 2 hours of baking, or 1 hour above 90°F/32°C. Keep at 40°F/4°C or below for up to 2 days. Reheat the portion needed, covered, until its center reaches 165°F/74°C. Freeze promptly for up to 2 months and thaw in the refrigerator. Keep chilled portions cold during transport with two cold sources.