Scallop, **lobster and Brussels** sprout casserole





2 people | 15 min preparation time | 25 min cooking time

All ingredients

1 tin of 400g la belle-iloise Lobster bisque
4 good-sized scallops (95g)
6 good-sized prawns (80g)
25 ml whisky
8 Brussels sprouts (140g)
3 tablespoons olive oil and
1 small carrot (70g)
2 pinches Espelette pepper

Steps

1- Peel the sprouts and the carrot
2- Cut the carrot into thin strips
3- Quarter the sprouts, separating the outer leaves
4- Blanch the vegetables separately in a pan of boiling salted water
5- First the carrot for one minute, then the sprout leaves for 30 sec and then the sprout hearts for 5 min
6- Lightly brown the scallops and the prawns in the olive oil, and flambé them with the whisky
7- At the same time, heat the lobster bisque in a saucepan with the pepper, sprout leaves, half of the sprout hearts and the strips of carrot. Cook for 2 minutes
8- Add the flambéed scallops and prawns and cover with a lid. Turn off the heat as soon as it boils
9- Allow to stand 10 minutes (to finish cooking the scallops)
10- Divide between individual casserole dishes and decorate with the rest of the sprouts
11- Bake in the oven at 180 °C (gas mark 4) approximately 20 minutes before serving