

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