

Treasure Barrel

Delicious Seafood Gratin – Simple Healthy Dinner

20 min Prep time	**30 min** Cook time	**50 min** Total time
4 Servings	**Easy** Difficulty	**French** Cuisine

Ingredients

Seafood Mix

- [ ] 1 lb white fish fillets (cod or halibut), cut into 1-inch pieces
- [ ] 12 large shrimp, peeled and deveined
- [ ] 1 tbsp olive oil

Gratin Base

- [ ] 1 cup heavy cream
- [ ] ½ cup whole milk
- [ ] 2 tbsp butter
- [ ] 1 clove garlic, minced
- [ ] ¼ tsp salt
- [ ] ¼ tsp black pepper
- [ ] Zest of 1 lemon

Topping

- [ ] ¾ cup grated Gruyère cheese
- [ ] ¼ cup panko breadcrumbs
- [ ] 1 tbsp melted butter
- [ ] 2 tbsp chopped fresh parsley

Instructions

1. Preheat the oven to 375°F (190°C). Lightly grease a 9-inch baking dish.
2. In a skillet, heat olive oil over medium heat and quickly sear the fish pieces and shrimp until just opaque, about 2 minutes; set aside.
3. In the same pan, melt butter, add garlic and sauté for 30 seconds, then whisk in cream, milk, salt, pepper, and lemon zest; simmer 3-4 minutes until slightly thickened.
4. Arrange the seared seafood in the baking dish, pour the creamy sauce over them, and sprinkle grated Gruyère evenly.
5. Combine panko breadcrumbs with melted butter; scatter over the cheese, then bake for 20-25 minutes until the top is golden and bubbling.
6. Garnish with chopped parsley and a final pinch of lemon zest; serve hot.

Nutrition per serving

420 kcal	30 g	9 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a lighter version, substitute half the cream with low-fat milk.
- For extra depth, stir in a splash of bouillabaisse broth into the sauce.
- A dash of smoked paprika can add a subtle smoky note.