



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

SCALLOPS GREMOLADA

Time: 20 minutes

Serves: 4

Ingredients:

For the gremolada:

2 tablespoons extra virgin olive oil
1 large clove garlic – crushed or very finely chopped
1 teaspoon lemon zest
1 teaspoon orange zest
2 tablespoons flat leaf parsley – finely chopped
½ teaspoon fresh lemon juice
⅛ teaspoon kosher salt
⅛ teaspoon fresh ground black pepper

For the scallops:

¼ teaspoon kosher salt
¼ teaspoon fresh ground black pepper
1 pound large fresh scallops
1 ½ teaspoons extra virgin olive oil
1 ½ teaspoons salted butter

Preparation:

Mix all of the gremolada ingredients and set aside. This can be refrigerated overnight to further blend the flavours.

Evenly sprinkle the salt and pepper on both sides of the scallops.

Place the olive oil and butter in a frying pan over medium-high heat.

Once the oil/butter blend is fully heated (though before it begins smoking) place the scallops in the pan. Cook two minutes on each side, remove from the pan immediately and drizzle with the gremolada.

Nutritional Information Per Serving (assuming ¼ teaspoon butter/oil remains):

Calories: 165
Fat: 8g
Carbs: 3g
Fibre: 0.1g
Protein: 19g