



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

SCALLOPS & VINAIGRETTE

Time: 15 minutes

Serves: 4

Ingredients:

1 tablespoon fresh lemon juice
1 teaspoon agave nectar or liquid honey
1 teaspoon Dijon mustard
½ teaspoon kosher salt
1 pinch fresh ground black pepper
3 tablespoons grapeseed or other neutral oil
1 pound large sea scallops
½ cup tightly packed mint leaves
½ cup tightly packed Italian parsley leaves

Preparation:

Preheat a barbecue grill on high.

In a small bowl, mix together the lemon juice, agave nectar, mustard, a large pinch of the salt and the pepper. Whisk in two tablespoons of the oil.

Toss the scallops with the remaining oil and salt. Grill the scallops for two minutes per side. Do not turn the scallops until they nearly release from the grill on their own.

Toss the mint and parsley leaves and plate topped by the scallops. Drizzle the vinaigrette over the scallops and leaves. Serve immediately.

Nutritional Information Per Serving:

Calories: 225
Fat: 15g
Carbs: 4g
Fibre: 0.5g
Protein: 20g