

SCALLOPS & CHORIZO

Time: 20 minutes

Serves: 4

Ingredients:

- 3 tablespoons extra-virgin olive oil
- 1 tablespoon fresh lemon juice
- 1 pinch kosher salt
- 1 pinch fresh ground black pepper
- 1 teaspoon flat-leaf parsley – finely chopped
- ½ clove garlic - finely chopped or grated
- 1 pound large scallops
- 10 ounces semi-dry (ready-to-eat) chorizo – sliced
- 12 ounces grape tomatoes
- ½ red onion – cut into wedges

Preparation:

Preheat a ribbed grill pan or your BBQ grill on high.

In a small bowl, whisk together the oil, lemon juice, salt, pepper, parsley and garlic.

Skewer a chorizo slice, scallop, onion piece then, tomato, repeating until each skewer is full.

Baste the full skewers with the oil mixture.

Grill the skewers for one minute on each of four sides.

Remove from heat and serve immediately.

Nutritional Information Per Serving:

- Calories: 373
- Fat: 19g
- Carbs: 12g
- Fibre: 0g
- Protein: 36g