

MARINATED SEAFOOD

Time: 30 minutes (plus overnight marinating)

Serves: 6

Ingredients:

- ½ cup fresh lemon juice
- ½ cup extra-virgin olive oil
- 2 cloves garlic finely chopped or grated
- 1 tablespoon packed fresh thyme
- 1 tablespoon packed fresh oregano
- 1 tablespoon packed fresh basil
- 1 teaspoon kosher salt
- ½ teaspoon chili flakes
- ½ red onion – small dice
- 10 ounces large scallops
- 10 ounces peeled and deveined shrimp
- 10 ounces calamari rings

Preparation:

Place a large pot of water on high heat and bring to a boil.

While the water is heating, place the lemon juice, olive oil, garlic, thyme, oregano, basil and salt in a blender. Blend until well-combined. Stir in the chili flakes and onion.

Once the water reaches a boil, add the scallops, shrimp and calamari to the pot and turn off the burner. Wait one minute then, strain the seafood and let cool.

Put the seafood in a large zipper seal freezer bag and pour in the marinade. Seal the bag and shake to coat evenly. Remove as much air as possible from the bag, reseal and refrigerate overnight.

Remove seafood from bag and serve immediately.

Nutritional Information Per Serving:

- Calories: 298
- Fat: 20g
- Carbs: 5g
- Fibre: 0.1g
- Protein: 25g