



YOU CAN COOK  
AND YOU DO HAVE THE TIME

## Kev's Kitchen

# SCALLOP CEVICHE

**Time: 10 minutes plus marinating time**

**Serves: 4**

### Ingredients:

200g fresh lemon juice  
5g kosher salt  
1g chili flakes  
2 cloves garlic - very finely chopped or grated  
400g small scallops (80-150/lb)  
2 roma tomatoes - small dice  
1 small red onion- small dice  
15g flat-leaf parsley - rough chop

### Preparation:

Combine the lemon juice, salt, chili flakes and garlic in a bowl just large enough to hold it and the scallops.

Add the scallops to the bowl, ensuring all are completely submerged. Cover the bowl and refrigerate for two to four hours.

Strain the scallops, discarding the lemon juice.

Place the scallops and all remaining ingredients in a bowl and gently toss.

Serve immediately or refrigerate for up to one day.

### Nutritional Information Per Serving:

Calories: 110  
Fat: 1g  
Carbs: 7g  
Fibre: 1g  
Protein: 17g