



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

SCALLOPS & SALSA VERDE

Time: 30 minutes

Serves: 4

Ingredients:

8 anchovy fillets
20g capers
20g parsley leaves
1 clove garlic - finely chopped or grated
Zest of one lemon
1g fresh ground black pepper
100ml extra-virgin olive oil
30ml red wine vinegar
600g large (U19-U15) scallops
4g kosher salt
Neutral-flavoured high smoke point oil for basting grill

Preparation:

Place all ingredients except scallops, salt and neutral-flavoured oil in a food processor and pulse until very finely chopped. Set aside.

Preheat a grill on high. Once very hot, dry the scallops well with paper towel, salt evenly on both sides, baste the grill with the neutral-flavoured oil and cook the scallops for three minutes per side.

Immediately serve the scallops on the salsa verde.

Nutritional Information Per Serving:

Calories: 340
Fat: 25g
Carbs: 4g
Fibre: 0g
Protein: 27g