



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

SCALLOP CRUDO

Time: 15 minutes

Serves: 4

Ingredients:

50ml fresh orange juice
200g jumbo scallops - sliced into discs
1/2 Serrano pepper - thinly sliced
20ml extra-virgin olive oil
3ml black Hawaiian salt
Orange zest
Lemon zest

Preparation:

Pour orange juice onto the serving tray then.

Lay scallops on juice in a single layer.

Top each scallop with a slice of serrano, drizzle with olive oil and sprinkle with remaining ingredients.

Serve immediately.

Nutritional Information Per Serving:

Calories: 90
Fat: 5g
Carbs: 3g
Fibre: 0g
Protein: 9g