



RECIPE CARD

BUTTER, CHILLI, CORIANDER & LIME SCALLOPS

(6 minutes cooking time)

Ingredients in your box include:

12 x fresh scallops

1 x crushed garlic portion

1 x Butter portion

1 x lime portion

1 x chopped coriander portion

You will also need a tablespoon of olive oil, salt and pepper to season to your taste.

Heat a skillet or frying pan and place butter and minced garlic in. When the pan is hot enough, the first scallop should sizzle when hitting the pan. Add the scallops to the pan one at a time and fry for 2-3 minutes on each side, squeeze over the lime, add the coriander, plate and enjoy!

Don't be shellfish, share your scallops!