



RECIPE CARD

LEMON GARLIC BUTTER 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 Lemon slice

1 x parsley portion

You will also need 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 in scallops one at a time. Fry the scallops for 2-3 minutes on each side, squeeze over the lemon and add the parsley, plate and enjoy!

Don't be shellfish, share your scallops!