



LIFELINE RECIPES

08th October 2021



These scallops, delicately flavoured with fresh herbs, lemon zest and rich hazelnuts, take less than 10 minutes to cook.

Equipment & Preparation: You'll need a frying pan and grill tray.

METHOD

For the scallops, heat a frying pan until warm, add the olive oil and shallot and fry gently until softened but not coloured.

Place the butter into a bowl and add the cooked shallot, along with all the remaining scallop ingredients, except the scallops. Season to taste, with salt and freshly ground black pepper and mix well.

Preheat the grill to high.

Place the scallops onto a grill tray and top each scallop with a spoonful of the hazelnut butter. Place under the grill for 3-4 minutes, or until cooked through. Remove from the grill and set aside to rest for one minute.

For the salad, whisk the mustard, vinegar and oil together in a bowl. Place the lettuce leaves and pea shoots into a bowl, drizzle



GREENMILL
IN STOCK ON SITE ON TIME

GRILLED SCALLOPS & SALAD

PREPARATION TIME:

Less than 30 mins

COOKING TIME:

10 to 30 mins

SERVES:

2

INGREDIENTS

1 tsp Olive Oil

1 Shallot, peeled, finely sliced

75g Butter, softened

1/2 Lemon, zest only

1 tbsp Chervil and Chives, finely chopped

45g Hazelnuts

Salt and Pepper

6 Scallops, cleaned

SALAD

1/2 tbsp Wholegrain Mustard

1/2 tbsp White Wine Vinegar

1 1/2 tbsp good quality Rapeseed Oil

1 Little Gem Lettuce

1 Punnet of Pea Shoots