

West Coast Sea Products Ltd

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Grilled Scallops with Basil and Lime Butter

9 king scallops, shucked and cleaned
salt and black pepper
Basil and Lime Butter
85g (3oz) butter, softened
2 x 15ml spoon (2 tablespoons) fresh chopped basil
juice and rind of 1 lime

Preheat the grill

Remove the coral (or roe) from each scallop and set aside. Slice the scallop in half and set aside.

In a small bowl mix the butter ingredients together and set aside.

Spread 40g (1 and one half oz) of the flavoured butter onto a grill pan.

Add the scallops to the grill pan 5cm (2") apart. Dot with the remaining butter and cook for 3-4 minutes, turning occasionally. Transfer to a serving dish.

Spoon the juices from the pan over the scallops and serve with sliced new potatoes and salad leaves tossed in a little vinaigrette dressing.

Serves 3 as a starter

NUTRITIONAL VALUES PER PORTION (APPROX) 459 Kilocalories;
49g Protein; 7g Carbohydrate; 26g Fat; 0g Fibre.