

West Coast Sea Products Ltd

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Pan Fried Scallops and Prawns with Mango Dipping Sauce

6 roeless king scallop meats, fresh or defrosted, cleaned

6 large raw warm water prawn tails, fresh or defrosted

30g (1oz) prepared parsley or garlic butter

1 x 227g jar mango chutney

Heat a medium pan with the garlic butter. Add the prawns and scallop meat.

Cook for 2-3 minutes, shaking the pan occasionally. Season.

Serve immediately on salad leaves with the chutney.

Serves 2