

# West Coast Sea Products Ltd

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## Grilled King or Queen Scallops with Chilli and Lime Sauce

- 5 Long mild chillies
- 2 Tomatoes - quartered and de-seeded
- 2 Sun-dried tomatoes
- ¼ cucumber - halved lengthways and de-seeded
- 3 Spring onions
- Small bunch of coriander
- 2 Limes (1 cut in to wedges, 1 juiced)
- 2 Garlic cloves crushed
- 1 tsp honey
- Olive oil
- Salt & freshly ground black pepper
- 6 King Scallops with shells or 18 Queen Scallops with shells

Serves 6 people as a starter.

First prepare the sauce, but do not do this too far ahead because the taste will deteriorate.

Chop the chillies, vegetables and coriander into tiny cubes. Mix the lime juice with the honey then add the garlic and diced vegetables.

When ready to serve brush scallops lightly with the oil and season. Pre-heat the shells either in the oven or on a BBQ. Heat a heavy frying pan until hot, add a little oil and sear the scallops for about 40 seconds on each side.

To cook on the BBQ place a scallop in each warmed shell and cook for about a minute on each side.

To serve place scallops in warmed shells and serve topped with a spoonful of sauce and a lime wedge.