



## Scallops with a herb & parmesan crust

Serves 2

Prep time: 10 minutes

Cooking time: 6 minutes

Per portion

Calories: 331

Fat: 5.3g

Saturates: 1.9g

Carbs: 20.5g

of which sugars: 1.4g

Salt: 1.4g

### Ingredients:

- 6 scallops in their shells, cleaned
- 2 slices of thin white bread, torn into pieces
- 1 clove of garlic, peeled
- 1 spring onion, trimmed and cut into large chunks
- 1 tbsp of freshly grated parmesan cheese
- 1 tbsp of fresh parsley leaves
- zest from 1/2 lemon
- some freshly ground black pepper
- Spray rapeseed oil

### Instructions:

Place the scallops in their shells onto a heavy based baking tray.

Pre-heat the grill to medium

Add the bread, parsley, spring onion chunks, garlic, lemon zest, parmesan cheese and pepper to a food processor and blend until a breadcrumb consistency.

Divide the breadcrumb mixture equally across the top of each scallop. Spray lightly with the rapeseed oil.

Place under the grill and cook for 4-6 minutes until golden brown and the scallops are cooked.

Serve straight away with a mixed green salad.

NB: I have not used salt in this recipe as the parmesan cheese will take care of that!