



# Grilled Scallops



Servings

4 persons



Cooking time

5 Minutes



Calories

129

## Ingredients:

- 2.27 kg Frozen Wild Scallop Dry USA
- Olive oil, as needed
- Salt and pepper, to taste



Product item number: 87041



## Cooking Steps:

- 1 Begin by patting the scallops dry with a paper towel.
- 2 Brush both sides of each scallop with olive oil to help with browning and to prevent sticking.
- 3 Season the scallops with salt and ground black pepper.
- 4 Place the seasoned scallops on a plate or a tray and cover with plastic wrap. Refrigerate for 15-30 minutes.
- 5 Preheat the grill to medium-high heat.
- 6 While the grill is heating up, prepare the grill grate. Using a paper towel dipped in oil or a grill brush, lightly coat the grate with oil to prevent the scallops from sticking.
- 7 Once the grill is ready and the grate is oiled, carefully place the scallops on the grill. Arrange them in a single layer.
- 8 Grill the scallops for 2 to 3 minutes on each side.
- 9 Once grilled to perfection, remove the scallops from the grill and transfer them to a serving plate.
- 10 Enjoy!

