

Scallop Crostini

Measurements	Ingredients
200 gr	scallop
1/2 sliced	baguette
2 tbsp	balsamic syrup
1 tbsp	olive oil
30 gr	radishes(sliced)
1 tbsp	fresh lemon juice
30 gr	goat cheese
20 gr	lemon zest
10 gr	parley leaf
20	pomegranate seeds

Slice scallops in half horizontally to make them bite sized for the crostini.

Lay scallops on a paper towel and lay another paper towel on top.

Sit aside.

Preheat oven to 185°C.

Crumble the goat cheese into small pieces and place in a bowl.

Drizzle with lemon juice, salt and pepper and mash with a fork.

Lay sliced toast on a sheet pan and drizzle both sides with olive oil.

Cook at 185 degrees for about 10-15 minutes.

Flip over if necessary.

Heat a skillet to medium-high and add 1 tbsp of olive oil. Salt and pepper the scallops.

When hot, place scallops in the pan and cook for about 1 ½ - 2 minutes per side.

Remove and set aside.

Assemble crostini.

Spread each toast with goat cheese mixture.

Top with scallops, pomegranate seeds, chives and drizzle with balsamic syrup.

Macros

Fat 14 gr

Protein 12 gr

Carbs 13 gr

Fiber 3.7 gr

Sugar 1.9 gr

Kcal

230 per serving



prep time
10 min.



cook time
14/19 min.



serving
4 servings