

HEALTHY COOKING

▶ SCALLOP AND GOAT CHEESE SALAD



SERVES 2

INGREDIENTS

- ▶ 6 large scallops (180g)
- ▶ 2 tsp olive oil
- ▶ ½ red onion, finely sliced
- ▶ 75g firm goats cheese, chopped
- ▶ 4 cups cos lettuce

DRESSING

- ▶ 2 Tbs lemon juice
- ▶ 100g plain yoghurt
- ▶ 1 tsp seeded mustard
- ▶ 1 clove garlic, crushed

Add oil to a heated pan and cook scallops until browned on both sides and cooked as desired. Divide the lettuce, onion and goats cheese onto 2 plates, add the cooked scallops. Combine lemon juice, yoghurt, mustard and garlic together and drizzle over the salads.

Each serving:

Protein: 24g | Carbohydrate: 5.7g