

## Lemon Chilli Scallops with Capers

Serves: 1

Prep time: 5 Minutes

Cooking time: 5 Minutes

### Ingredients:

- 5-7 scallops
- 2 tablespoons chilli oil
- ½ [birds's eye chilli](#) deseeded and finely chopped **\*optional**
- 2 teaspoons capers
- 2 teaspoons chopped onion
- 1 tablespoon lemon juice
- salt and pepper
- side salad



*The bite of the chilli, the sharpness of lemon and the saltiness of the capers just dance on your tongue with these melt in your mouth scallops,*

### Method:

- Rub the scallops with chilli oil and season with salt and pepper
- Heat a medium size frypan over a medium to high heat
- Add the scallops, cook each scallop for approximately 1 minute on both sides depending on size
- Remove the scallops from pan and keep warm
- Add the chopped chilli, onion and capers to the pan juices and sauté for 1-2 minutes until onions soften
- Return the scallops to the pan, stir and heat
- Add the lemon juice over the scallops
- Season to taste
- Serve with a side salad of choice