

Asparagus with scallops, lemon & chillies



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Preparation about 15 minutes

Cooking about 10 minutes

Serves 4

2 bunches asparagus, trimmed
2 tbs olive oil
3 tsp finely grated ginger
1 small red bird's eye chilli, deseeded and finely sliced
2 lemons, rind finely grated and juiced
20 (about 450g) fresh scallops, cleaned
¼ cup sweet chilli sauce
¼ cup coriander leaves, chopped
Salt and ground black pepper

1. Cook asparagus in a large frying pan of boiling water for 2–3 minutes until tender. Drain and keep warm. Wipe pan dry.
2. Heat oil in the pan over high heat until hot. Add ginger, chilli and lemon rind and cook for 30 seconds until aromatic. Add scallops and cook for a minute on each side or until almost cooked through. Transfer to a plate and keep warm.
3. Add lemon juice and sweet chilli sauce to pan. Bring to the boil. Simmer for 1 minute. Stir in coriander. Arrange asparagus and scallops on serving plates. Drizzle with warm chilli mixture, season with salt and pepper and serve.



Asparagus

- One of the best natural sources of folate.
- A source of vitamins C and E, both of which function in the body as antioxidants, helping to prevent damage to body tissues.
- Asparagus supplies dietary fibre, vital to prevent constipation.