



Recipe
suggestions

Scallops in a Parma ham canapé (serves 2)

Ingredients

- > 10 scallops
- > 10 slices of Parma ham
- > 250g monkfish fillet, skinned
- > 2-3 long rosemary sprigs
- > olive oil to drizzle

Method

- > Heat the oven to 200°C. Slice the scallops in half horizontally, then cut the Parma ham slices in half lengthways and the monkfish into small chunks. Break the rosemary stems into short twigs.
- > Wrap each scallop disc in a strip of Parma ham, top with a piece of monkfish and secure with a rosemary twig.
- > Carefully transfer to a baking tray and drizzle with a little olive oil. Roast in the oven for 3-4 minutes until just firm to the touch.
- > Allow to stand for a few minutes, then serve warm.

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