

Baked Scallops with Herb Crust



Serves 4 Prep 5 mins

Cooking 10 mins

Easy

Ingredients

12 scallops, cleaned and on the half-shell
flaky sea salt & black pepper
80g butter
2 medium shallots, peeled and finely chopped
4 garlic cloves, peeled and grated (optional)
100g fresh white breadcrumbs
3 tbsp chopped soft herbs – parsley, chives, tarragon or chervil, or a mixture

Cauliflower puree

1 cube vegetable stock
200 ml milk
1/2 head cauliflower
100g floury potato, peeled & diced into 2cm cubes
nutmeg for grating

1. Heat the oven to 220C (200C fan)/425F/gas 7.
2. **For the cauliflower puree:**
3. Put a medium-sized pan of water on to boil, crumbling in the stock cube with half of the milk. When the stock is boiling, tip in the potatoes & cauliflower & boil for 8 mins until both are really tender. Drain the veg over another pan or bowl to catch the cooking water. Tip the veg back into the empty pan with the remaining milk, salt, pepper & a grating of nutmeg and mash first, before finishing with a stick blender to make a really smooth purée. If you want a softer consistency, add a splash of the cooking water.
4. **For the scallops:**
5. Put the scallops shells on a baking tray, put the scallops in the shells & season. Melt the butter in a frying pan on a medium heat, then sweat the chopped shallots & grated garlic (if using) for a couple of minutes, until soft but not coloured. Take off the heat, stir in the white breadcrumbs and chopped soft herbs, & season.
 1. Spoon the herby breadcrumbs evenly over the top of the scallops, pop the tray in the oven and bake for 6 to 8 mins, until golden. Serve immediately.
 2. **Note:** if all you can get is queen scallops, put 5 or 6 on each shell.