



# Garlic Seafood Scallops

- 2 dozen seafood scallops in shell
- 125ml of light cream
- 6–8 cloves of fresh garlic
- Shredded cheese

Peel and crush the cloves of garlic and place in a small bowl. Arrange the scallop shells on a flat baking tray.

Sprinkle small amount of garlic on top of each scallop. Pour one tablespoon of cream over each scallop and top with shredded cheese. (quantities of each of the garlic, cream and cheese can vary depending on your taste)

Place the tray close to the front of oven as they only need to be grilled. Cooking time will vary depending on how hot your oven is. Remove from oven when cheese is a nice golden brown colour.

