

GRATINATED SCALLOP WITH SHRIMPS AND HAM

INGREDIENTS (for 4 people)

- 100 gr of cured ham
- 400 gr of fresh prawns
- 4 scallops
- 50 gr breadcrumbs
- 1 leek
- Salt



PREPARATION:

1. We wash the scallops with water to remove the sand, clean the deep shell and set aside.
2. We boil the prawns in water and let them cool to clean them and remove the shell. We reserved the broth.
3. We chop the leek and add it to a pan with hot oil to fry it.
4. We add to the previous one the ham cut into pieces, stir and 3 minutes later we add the peeled prawns. We sweat it again 2 minutes more. We can add water to cook the prawns if we need it.
5. We place the scallop shells in an ovenproof dish, add the scallop meat and toss the sauce made with the ham and prawns on top.
6. We cook the scallops in the oven for 12 minutes at 200°C, take them out and serve them hot.

Accompanied by a pumpkin cream would be a healthy meal.

