



# Food Cooking Recipe



4 Servings



20 minutes

## Ingredients :

- Shrimp
- Scallops
- White fish fillets
- Olive oil
- Garlic cloves
- Salt
- Black pepper
- Lemon juice
- Fresh parsley



## Instructions :

1. Rinse the seafood and pat it completely dry with paper towels .
2. Heat olive oil in a large pan over medium heat .
3. Add garlic and cook for about 30 seconds until fragrant .
4. Add the seafood to the pan in a single layer .
5. Season with salt and black pepper .
6. Cook the seafood for 2 to 3 minutes per side until opaque and just cooked through .
7. Squeeze fresh lemon juice over the seafood and gently toss .
8. Remove from heat and let it rest for 5 minutes .
9. Garnish with chopped fresh parsley before serving .