



SEARED SCALLOPS WITH MIXED GREENS

Appetizers, Chef's Selections

Sea Salt

Difficulty Level: ●●●○○

Prep Time: 15 min.

Cook Time: 30 min.



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Ingredients

- 1 tbsp butter
- 1 tbsps olive oil
- 12 sea scallops
(about 1 lb/454 g)
- 1 tbsp Windsor® Coarse Sea Salt
- 2 limes (divided)
- 1 tbsp olive oil
- 1.5 oz mixed greens

Preparation

1. Add butter and oil to skillet on high heat. Salt scallops with Windsor® Coarse Sea Salt; sear for about 1-2 minutes on each side. Scallops should have a golden crust yet look translucent in centre.
2. Prepare a simple vinaigrette with 1 tbsp oil and 1 juiced lime. Toss vinaigrette with greens.
3. Plate 2 scallops on a bed of greens.

Servings: 6, 2 scallops/person

Per serving (80 g) | Calories 110 | Fat 6 g | Carbohydrate 1 g | Protein 13 g