

# Seared Scallops with Citrus Salad & Pea Puree

Adapted from: Erinn Butulis

**Prep time:** 15-20 minutes

**Cook time:** 5 minutes

**Total time:** 25 minutes

**Serves:** 1



## Ingredients

### For the Pea Puree:

1 lb. bag of frozen peas

1 tbsp. salt

½-¾ jalapeño, minced

### For the Salad:

½ lime, juiced

½ grapefruit, juiced

½ orange, juiced

1 tsp. citrus zest

4 pieces kale, de-stemmed

3 radishes, shaved or cut thinly

1 endive cabbage, ribboned

### For the Scallops:

½ lb. Fresh bay scallops

salt and pepper to taste

1 tbsp. ghee (clarified butter)

1 tbsp. oregano

1 tbsp. basil

1 tbsp. parsley

## Instructions

1. For the pea puree, thaw peas to room temperature. (Save ¼ cup of peas to sprinkle on dish).
2. Combine ingredients in blender, or food processor, emulsify until blended well. Do not add water as contents will become smoother as blended. Note: If too spicy you can add a very small pinch of sugar to balance flavor (¼ teaspoon or less).

3. For the salad, slice vegetables and toss in citrus juice, then toss in skillet for 1 minute to heat and add 1 tablespoon oil. Add salt and pepper to taste.
4. For the scallops, sprinkle salt and pepper over raw scallops on a plate. Heat skillet until hot, then add scallops and cook on each side for no more than 1 minute. After 1 minute, flip and cook for an additional minute.
5. Add butter and spices and stir until coated.
6. Remove from heat, serve, and enjoy!