

Ingredients:

- 9 ounces of baby spinach (about 8 cups lightly packed)
- 3/4 cup sliced almonds, toasted
- 5 Tbs olive oil
- 2 Tbs salted butter
- 1 pound of medium size sea scallops
- 4 ounces roasted red peppers cut into thin strips (about 1/2 cup)
- 2 medium shallots, sliced thin
- 1/8 tsp ground black pepper
- Salt and Pepper to taste
- 1 1/2 Tbs sherry vinegar

Preparation:

1. Place the spinach in a large mixing bowl, add the almonds and set aside.
2. Pat scallops dry and leave between paper towels while prepping pan. Before placing in pan salt and pepper to taste.
3. Pre-heat cast iron or heavy bottom skillet for several minutes and raise the temperature to medium high heat. Add 2 tablespoons olive oil and butter, allow to melt. Swirl pan to evenly coat.
4. Add the seafood, flat side down and cook about 2 ½ to 3 minutes)
5. Use tongs and turn them over.
6. Cook until medium-rare (about 45 sec to 1 minute longer).
7. Transfer the scallops to a plate, season with salt to taste and set aside.
8. Lower heat to medium, add the remaining 3 tablespoons of olive oil into the skillet.
9. Add red peppers, shallots, 1/4 teaspoon of salt and pepper.
10. Cook until the shallots soften slightly (about 2 minutes).
11. Remove the skillet from the heat and swirl in the vinegar.
12. Pour the warm dressing over the spinach and toss to wilt.
13. Divide the spinach salad among 4 plates and serve with scallops.

Seared Scallops & Warm Spinach Salad



Enjoy