



Recipe
suggestions

Scallops with pea & mint puree (serves 4)

Ingredients

- > 12 large scallops
- > 250g frozen peas
- > 25g butter
- > 100ml chicken stock
- > small bunch of mint, roughly chopped
- > ½ tsp ground cumin
- > oil for frying
- > spring salad leaves, to serve
- > balsamic vinegar

Method

- > Place the peas, butter and stock in a pan and season well. Simmer for 3-4 mins (the peas need to stay bright green) then put in a food processor or blender with the mint and whiz to a puree. Place back in the pan and keep warm.
- > Season the scallops with a little cumin and salt.
- > Heat a non-stick frying pan to very hot with a little oil and butter. Sear the scallops for c.1 min either side, so the surface is caramelized.
- > Serve 3 scallops per person on a bed of the pea puree with a few leaves dressed with balsamic vinegar.

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