

Scallops with Mint Vinaigrette & Pea Puree



Nutritional Info

Servings Per Recipe: 4

Amount Per Serving

Calories: 259

Total Fat: 9g

Carbs: 22g

Protein: 24g

Ingredients

6 tsp olive oil, divided
2 leeks, trimmed, rinsed and thinly sliced
¼ tsp sea salt, divided
1 tsp fresh thyme leaves
2 cups frozen green peas
¾ cup low-fat milk, plus additional if needed
1 lb sea scallops
1 tsp fresh lemon juice
2 tsp white wine vinegar
1 tsp minced fresh mint
½ tsp raw honey

Directions

1. Heat a skillet on medium-low. Add 1 tsp oil and swirl to coat skillet. Add leeks and 1/8 tsp salt and cook, stirring occasionally, until leeks are soft and just starting to brown. Add thyme, peas and milk. Increase heat to medium and cook, stirring, until peas are heated through, about 5 minutes. Remove mixture from heat.
2. Scrape pea-milk mixture into a blender and puree until smooth, adding a bit more milk to thin, if necessary.
3. Heat a large clean skillet on medium-high. Add 1 tsp oil and swirl to coat pan. Add scallops, leaving a bit of space between each to prevent steaming. Sear scallops for about 3 minutes per side, until golden brown and barely firm to the touch. Transfer scallops to a plate.
4. In a small bowl whisk together remaining 4 tsp oil, lemon juice, vinegar, 1 tsp water, mint, honey and remaining 1/8 tsp salt.

5. To serve, spoon ½ cup pea puree onto each of the 4 plates and top with 4 scallops. Spoon 2 tsp vinaigrette over top of scallops and serve.