



# PAN SEARED SCALLOPS

**45 MINUTES**

**MAKES 2 SERVINGS**

*A sophisticated yet simple recipe you can make for your family or when entertaining.*

## INSTRUCTIONS

### Directions for Scallops:

Dry and season both sides of scallops. Heat pan over medium high heat with olive oil and butter until nice and hot.

Sear both sides of scallop 1-2 minutes per side and baste with butter and oil until cooked through. Salt and Pepper to taste.

### Directions for Mustard Green Purée:

Purée all ingredients until completely smooth. Salt to taste.

### Directions for Dijon Dressing:

Stir until well combined.

### To Plate:

Smear dressing on plate, place scallops on dressing. Top scallops with extra Micro Spicy Mustard Medley. Dot purée around plate.

Garnish plate with blackberries and fresh apricot for an extra burst of tartness and sweetness.

Serve immediately.

Enjoy!

## INGREDIENTS

### For Scallops:

6 Scallops

1 Splash of Olive Oil

1 Pat of Butter

### For Mustard Green Purée

2 Handfuls of GoodLeaf Micro Spicy Mustard Medley

1 Splash of Olive Oil

Juice of 1/2 of a Lemon

### For Dijon Dressing:

2 Tbsp of Old Fashioned Grainy Dijon Mustard

1 Tbsp of Honey

Juice of 1/2 of a Lemon



Vertically Farmed. Straight-up Good.™