

SEARED SCALLOP SALAD WITH ASPARAGUS AND SCALLIONS

50
Mins



INGREDIENTS

- ½ pound large whole scallions
- ½ pounds asparagus, tough stems discarded, stalks peeled
- 4 tbsp. extra-virgin olive oil
- Salt - to taste
- Freshly ground pepper - to taste
- 1 lb sea scallops
- ½ tsp. chopped thyme
- ½ medium shallot, minced
- 2 tbsp. cup balsamic vinegar

PREPARATION

1. Take a pot of boiling salted water and blanch the scallions just until tender, for about 3 minutes. Then, using a slotted spoon, transfer them to paper towels. Repeat the same with the asparagus.
2. Now, in a large skillet, heat up 1 tablespoon olive oil and add the scallions and asparagus. Season with salt and pepper.
3. Cook over moderately high heat. Occasionally and gently, keep tossing just until golden, for about 5 minutes. Keep warm.
4. Pat the scallops dry and season with salt and pepper.
5. In another large skillet, heat 1 tablespoon oil until shimmering. Sear the scallops in batches, over moderately high heat until golden, 2 minutes per side. Transfer to warmed plates and wipe out the skillet.
6. Heat 1 tablespoon oil in the same skillet and add the thyme and shallot and cook over moderately high heat, keep stirring until the shallot is slightly softened, for about 1 minute.
7. Remove from the heat. Add the vinegar and the remaining 1 tablespoon olive oil. Stir with a wooden spoon, scraping up any browned bits from the pan.
8. Garnish the scallops with the scallions and asparagus.
9. Drizzle the salad with the warm vinaigrette and serve.

