

Pan fried Scallops with Warm Tomato Dressing



Serves 4 **Prep 20 mins**

Cooking 10 mins

Easy

Ingredients

2-3 tbsp olive oil
100g asparagus tips, cut into long, thin, diagonal slices
12 large king scallops, shelled & trimmed of the coral
salt and pepper

For the dressing

3 tomatoes
1 small shallot, finely chopped
4 tbsp olive oil
1 tbsp lemon juice
1 tbsp finely chopped parsley
1 tbsp finely chopped chives

1. Make the dressing: skin the tomatoes and remove their seeds and juice. Cut the flesh into small dice. Put them in a small pan with the shallot, olive oil and lemon juice and set aside.
2. Heat 2 tbsp of olive oil in a large, non-stick frying pan. Add the asparagus tips and stir-fry over a medium-high heat for 2-3 mins or until just tender and starting to brown. Remove from the pan and keep warm.
3. If necessary, add a little more oil to the pan. When the oil is very hot, add the scallops. Season and cook briefly for 2-3 mins (the cooking time depends on the size), turning once halfway through cooking. When done, they should be opaque and browned on both sides. Remove from the pan and keep warm.
4. While the scallops are cooking, warm the dressing over a medium heat for 2 mins, then take off the heat and stir in the parsley and chives. Season with salt and pepper and divide the asparagus among 4 plates and top with the scallops. Serve with the warm dressing spooned around.

