

Pan-fried Scallops with Butternut Squash 2 Ways



Serves 2
Ingredients

Prep 30 mins

Cooking 40 mins

Challenge

Main dish

6 large scallops
2 tbsp olive oil

For the puree

50g butter
bottom half of 1 small butternut
squash, peeled, deseeded & cut
in small chunks
75ml chicken stock
1 tsp finely grated Parmesan

For the warm salad

Top half of the butternut squash, peeled
2 tbsp olive oil
80g piece streaky bacon, cut into small
pieces or pre-cut lardons
1 small red onion, finely chopped
1 tbsp sherry vinegar
2 tbsp finely chopped chives

1. To make the puree, heat the butter in a small saucepan and add the squash. Sweat it over a very low heat for 5 mins, then pour over the stock. Cover and gently simmer for 10-12 mins, until the squash is very soft.
2. Take off the heat and add the Parmesan. Use a hand blender or food processor to blitz the squash until smooth, then pass through a sieve into another saucepan. Season to taste and set aside.
3. To make the warm salad, trim the squash into a neat block, then neatly dice the flesh into cubes no larger than 1 cm. Heat half the oil in a non-stick frying pan. Fry the squash for 10 mins, or until tender and coloured, then tip onto a plate.
4. Now gently fry the bacon for 10 minutes, or until crisp and brown. Add the onion and cook for 2 mins to soften in the fat, then add the squash, drizzle over the sherry vinegar and toss together for 1 min. Off the heat, stir in the chives and the rest of the oil, then tip everything into a bowl and keep warm.
5. Have the scallops to hand as you will need to work fast when cooking them. Clean out the frying pan and place it back on the heat with a drizzle more oil. When the oil starts to shimmer, carefully lay the scallops in the pan one at a time, like points on a clock face, starting at 6 o'clock, so you remember which went in first.
6. Scallops take very little time to cook, so by the time the last one is in the pan, the first will be brown and ready to turn over. Flip all the scallops over and give them about 1 min more, then lift onto kitchen paper to drain. With the salad and the puree still warm, you are now ready to plate up.
7. Spoon half the warm salad in the middle of each plate. Overlap the scallops along the salad. Use a spoon to swipe the puree around the outside of the food & serve.