

Pan-fried Scallops with Crunchy Apple Salad



Serves 2 Prep 20 mins

Cooking 3 mins

Easy

Ingredients

For the scallops

olive oil, for frying
10 large scallops, cleaned
juice of 1/2 lemon

For the salad

1 sharp apple, e.g. Granny Smith
2 handfuls of salad leaves
juice and zest of 1/2 lemon
olive oil
sea salt & freshly ground black pepper

1. First make the salad. Peel, core and cut the apple into julienne strips. Sprinkle over lemon juice straight away, to stop the apple from going brown. Mix with the salad leaves and season with salt and pepper. Add some of the lemon zest (keeping a little back to garnish) Drizzle the salad with a little olive oil and mix well.
2. Heat a large, non-stick frying pan over high heat until smoking hot, then add 1 tbsp olive oil. Lay the scallops out on a board, pat dry with kitchen paper and season with salt and pepper.
3. Think of the frying pan as a clock face and add the scallops, one by one, seasoned side down, in a clockwise order, then fry for 1 - 2 mins until golden brown. Season the unseasoned side of the scallops, then flip them over in the same order you placed them in the pan and repeat the process. Squeeze the lemon juice over the scallops and give the pan a good shake.
4. When the scallops are cooked, tip the contents of the pan onto a plate lined with kitchen paper. This will instantly stop the cooking process, while the kitchen paper will absorb any excess oil.
5. Divide the salad between 2 serving plates and arrange the scallops on top. Garnish with the remaining lemon zest and serve immediately.