

Pan-fried Scallops, Parsnip Puree & Pancetta Crumbs



Serves 3 Prep 10 mins

Cooking 30 mins

Easy

Ingredients

1 tbsp vegetable oil
9 large scallops, coral removed
juice ½ lemon

For the pancetta crumbs

50g pancetta, cut into 5cm slices
50g fresh breadcrumb
1 tbsp thyme leaf, chopped

For the parsnip puree

200g parsnip, cut into chunks
200ml full-fat milk
small knob of butter

1. To make the pancetta crumbs (can be done up to a day ahead), set a large frying pan over a medium heat. Add the pancetta and sizzle for 5 mins, turning, until coloured. Sprinkle the breadcrumbs into the pan and continue frying and stirring until browned and crisp. Blitz the mixture in a food processor to fine crumbs. Mix in the thyme and store in an airtight container if making ahead
2. To make the parsnip purée, tip the parsnips into a small saucepan with the milk and some seasoning. Bring to the boil, reduce heat and simmer for 10-15 mins until the parsnips are tender. Purée the mixture in the food processor, then add the butter.
3. Heat the oil in a large frying pan over a high heat. Season the scallops & lay them in a circle around the edge of the pan (step 1). When the last scallop has been added, leave for 1 min until browned. Then, starting with the first scallop, gently turn (step 2). When all the scallops are cooked, transfer to a warm plate & quickly add the lemon juice to your hot pan, scraping the bottom to form a sauce & adding a splash of water if needed.
4. Reheat the parsnip purée, then swipe onto 3 plates (step 3). Top with the scallops, pancetta crumbs and juices from the pan. Serve straight away