

# Scallops with Pea Puree & Courgette Ribbons



**Serves 3    Prep 10 mins**

**Cooking 15 mins**

**Easy**

## **Ingredients**

250g (8oz) fresh or frozen peas (petits pois)  
3 tbsp natural yogurt  
Salt and ground black pepper  
1 large courgette  
1 tbsp olive oil  
4 rashers streaky bacon, cut into strips  
200g small queen scallops

1. Cook the peas in a little water for 5-8 mins, until tender. Drain and put them into a tall jug and use a stick blender to purée them. Mix in the yoghurt and whizz again. Put in a bowl and keep the purée warm.
2. Use a vegetable peeler to shave the courgette into long ribbons round the core, and plunge the ribbons into a pan of boiling salted water for ½-1 min, then drain them and toss in the oil.
3. Heat a wok or frying pan, add the bacon and stir-fry until crispy. Take out of the pan
4. Heat the pan again with the bacon fat in it, add the scallops and sear for about 30 seconds on each side, until opaque.