

# Seared Scallops with Sicilian-style Sweet Peppers



**Serves 2**   **Prep 10 mins**

**Cooking 30 mins**

**Easy**

## Ingredients

3 tbsp olive oil, plus extra for tossing  
6 mixed Romano peppers, deseeded and cut into strips  
3 tbsp sultanas  
50g pine nuts  
2 tbsp balsamic vinegar  
1 tbsp lemon thyme, finely chopped  
60g bag of mixed leaf salad  
10 kind scallops without roe

1. Put the olive oil in a heavy based frying pan with the pepper strips, sultanas and some seasoning. Cover with a lid and cook gently for 20 mins, stirring occasionally.
2. Add the pine nuts and balsamic vinegar, stirring well. Re-cover and cook for 5 mins.
3. Remove from the heat and stir in the lemon thyme. Divide between two plates, on top of a few handfuls of salad, reserving a little of the sticky sauce.
4. To cook the scallops, toss them in a little olive oil and season. Put a non-stick frying pan on a high heat and when it is really hot place the scallops in one by one, starting at the top and working clockwise. Cook for 1 min without moving the scallops, then flip them over in order, starting with the first one you placed in the pan. Cook for 1 min.
5. Remove the scallops and place 5 on each plate. Finish with a drizzle of the reserved sauce, bread and a baby leaf salad.