

Recipes

from Eastern Fisheries



SEARED SCALLOPS WITH MANGO SALSA

PREP TIME: 10 MINUTES | TOTAL TIME: 30 MINUTES | SERVINGS: 4

INGREDIENTS:

1 mango, diced
1 red bell pepper, diced
2 scallions, chopped
½ cup fresh cilantro, chopped
2 tsp. fresh lime juice
1 tbsp. rice wine vinegar
3 tbsp. extra virgin olive oil
1 ½ pounds of large sea scallops
Salt and black pepper to taste

DIRECTIONS:

In a medium bowl combine the mango, red pepper, scallions, cilantro, lime juice, rice vinegar, 1 tbsp of olive oil and salt and pepper to taste. Mix well and set aside.

Pat scallops dry with a paper towel. Season with salt and pepper. Heat remaining olive oil in a skillet over medium-high heat. Add scallops and cook until golden brown and firm to the touch, about 2-3 minutes per side. Be sure not to overcook the scallops.

Divide scallops evenly among plates and top with mango salsa. Serve with long grain rice or couscous.



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