



SEA SCALLOPS & ASPARAGUS WITH JALAPENO-PINEAPPLE SALSA

Getting the Perfect Sear on Your Scallops

Searing Sea Scallops couldn't be easier! Turn your burner on to medium-high heat, and allow the saute pan to get hot. Meanwhile, pat dry the scallops using a paper towel. Season with Kosher Salt & Pepper. Add a small amount of cooking oil to the hot pan, and carefully add the scallops one at a time. Searing them on each side for about 2 minutes, or until golden brown. Remove the Scallops from the saute pan and place them on the serving plate.

Making the Salsa

- 1 Pineapple
- 2 Jalapeno
- 1 Red Bell Pepper
- 1 Small Red Onion
- 1 Bunch of Cilantro
- 1 Cup of Sweet Thai Sauce
- 1 Tsp Kosher Salt

1. Skin, core and small dice the Pineapple.
2. Remove the pith from the peppers and small dice.
3. Small dice Red Onion.
4. Finely chop half of the bunch of Cilantro.
5. Add remaining ingredients and mix thoroughly.

