

Scallops & Spinach

Notes

20 –24 Scallops
1 bag Spinach
4 slices Bacon
1 Red Onion
1 Bell Pepper
1 Lime
1 tbsp Balsamic Vinegar
½ tsp Sugar
2 tbsp Olive Oil
Salt n Pepper (to taste)

1. Dry Scallops as much as possible and season with salt n pepper.
2. Cut Onion and bell pepper into small cubes.
3. Cut bacon then fry up bits in saucepan, remove bacon bits to paper towel keeping fat in pan.
4. Sear scallops 1-2 min per side.
5. Add olive oil to pan, sweat onions and peppers season with sugar, salt n pepper, limejuice and vinegar for 1-2 min.
6. Cover plate with a bed of spinach. Place scallops on top and top with bacon, and onion pepper mix.