



Roast Sesame Scallops with Parsley Salad

A delicious recipe using your favourite fresh fish and products from the Dundarave Fish Market!

Serves: 2- 4 people

Ready in: 30 minutes

Fresh Seafood

2 lbs Digby scallops



Ingredients

2 tbsp sesame seeds
2-3 tbsp flour
125 g Italian parsley (1 medium bunch)
¼ cup butter
2-3 cloves garlic, finely chopped
1 tsp dark sesame oil
3 tbsp olive oil
1 lime
salt and pepper

Instructions

1. Heat oven to 450 degrees F. Heat sesame seeds in small, non-stick frying pan over moderate heat, stirring until brown (4-5 minutes). Set aside.
2. Wash and dry parsley; detach sprigs and discard. Pare wide strips of zest from lime and cut them in julienne strips. Blanch the strips by putting them in cold water, bringing them to a boil and draining. Squeeze the lime juice and reserve it.

3. Put flour in shallow dish and season with salt and pepper. Roll scallops in flour, patting to coat them evenly, and shake off the excess. Melt butter in large frying pan until it stops sputtering. Add scallops and sauté over high heat until just brown (1-2 minutes); turn and quickly brown other side. Sprinkle scallops with garlic and flip them so the garlic is underneath. Roast scallops in oven until firm around the edges but still soft in the centre (5-7 minutes).
4. Whisk all but 2 tbsps of the lime juice with olive oil, salt and pepper in small bowl. Add parsley and lime julienne, toss and taste for seasoning. Pile salad on 4 serving plates, set scallops on top of salad and sprinkle them with sesame oil, followed by sesame seeds and remaining lime juice. Serve.