

Red Pepper Pesto and Sea Scallop Salad

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[Prep: 15 mins / cook time: 25min / TOTAL: 40 mins]

[Serving size: 2 dinner portions, 4 app portions]

- 8 sea scallops, [these are larger than bay and a little less sweet]
- 2 red bell peppers, washed and cored
- 5 sun dried tomatoes [packed in oil]
- 2 sprigs fresh tarragon
- 2-3 cloves garlic, peeled and smashed
- 1/2 cup extra virgin olive oil
- 2 tablespoons pine nuts
- salt and fresh cracked black pepper
- 1 cup pearl couscous
- 1 small bunch spinach, washed, stemmed and cut into ribbons
- 1 small bunch sorrel, wash stemmed and cut into ribbons
- 1 tablespoon lemon juice, or juice from 1 lemon
- Zest from one lemon
- 1 tablespoon butter

Toast the pearl couscous in a 3-quart [medium sized] pot with 1/2 tablespoon butter until slightly browned, about 3 minutes. Add 1-1/4 cup water and a dash of salt. Bring to a boil over med-high heat then cover and let simmer for about 10 minutes.

Wash and core red pepper. Add to blender/food processor along with sundried tomatoes, 1/4 cup olive oil, garlic, tarragon, pine nuts, a few grinds black pepper and 1/2 teaspoon salt. Blend until smooth and all ingredients are well incorporated.

After washing the spinach and sorrel, cut both into thin ribbons. [Note: sorrel is more common in the spring and fall, it doesn't love the heat, so if this is hard for you to find this summer you should sub in any flavorful green you like...basil, arugula, curly endive...get creative, go crazy!]

Zest and juice the lemon.

Pat dry the scallops and season lightly with salt and pepper. Heat a large skillet over med-high heat and add 1/2 tablespoon butter and a 1 tablespoon olive oil. When the butter begins to foam and brown slightly add the scallops to the skillet, spacing them out generously. Let sit for 3-4 minutes until the underside is golden brown. Flip, cover and wait one minute more. Turn off the heat, remove the scallops from the skillet, add lemon juice to the skillet and step back - it will smoke a little - this will deglaze the pan and pick up all the flavor from the scallops.

By now the pearl couscous should be finished cooking. Add 1 tablespoon olive oil, the drippings from the deglazed skillet and the lemon zest, a dash of salt, a few grinds black pepper and 1/2 of the greens and mix well.

Plate each dish starting with the couscous, the greens, a generous layer of the red pesto and the scallops, garnish with a few leaves of tarragon and....Enjoy!