



Pan-Seared Scallops

Preparation: 20 min, Cook Time: 15 min, Yield: 2

Fox 5 - Valentine's Day

This dish is tangy with a velvet finish...enjoy!

6 bay scallops	1 apple, sliced thin
salt / pepper to taste	1 tablespoon butter
1 cup apple juice	1 teaspoon brown sugar
1 teaspoon apple cider vinegar	5 ounces fresh spinach
1 teaspoon heavy cream	



Spinach:

In a sauce pan add vegetable oil half way up pan. Heat to 350F

Add spinach and fry 2-3 minutes until wilted and crispy. Place on a paper towel lined plate to drain.

Scallops:

Heat oil in sauté pan over medium high heat.

Season scallops with salt and pepper, sear on both sides 3-4 minutes each.

Sauce:

In a sauce pan combine juice and vinegar and bring to a boil. Reduce by half, add cream and butter and set aside.

Heat a sauté pan over medium heat, add sugar and butter and combine. Add apples and cook slowly until golden brown and tender. Place 3 cooked apple slices onto plate and top with scallops. Pour sauce over scallops, top with the crispy spinach, and serve.