
Asian Scallop Salad

Total time: 40 min Yield: 4 servings

Ingredients

1 lb scallops (small to medium)
salt
black pepper
Asian-style sesame dressing
2 tsp canola oil
5 cup Chinese cabbage (shredded)
5 cup romaine lettuce (chopped)
5 radishes (thinly sliced)
1 1/2 cup carrots (shredded)
1 cup edamame (cooked, shelled)
1/3 cup fresh cilantro (chopped)
1/3 cup fresh mint leaves (rough torn)
green onion (thinly sliced)

Prep Time: 25 min Cooking Time: 15 min Total Time: 40 min

Instructions

Place the scallops into a small bowl and season lightly with salt and pepper. Toss with a large drizzle of Asian-style dressing.

Heat a large pan on medium high and add the canola oil. Sear the scallops for about 3½ minutes per side, being careful not to crowd them in the pan so they brown nicely. Set aside to cool.

In a large bowl, toss the washed Chinese cabbage, romaine lettuce, radishes, carrots, edamame, cilantro and mint together and lightly season with the dressing; do not over dress.

Divide the greens into serving bowls and top each salad serving with a few scallops; garnish with sliced green onion.

Recipe brought to you by:

Chef Michi Holland