Pan Seared Scallops & Roquette salad

NIBBLEDISH CONTRIBUTOR

Ingredients

5 large scallops
baby roquette (sometimes called arugula)
1 tomato
1 Lebanese cucumber
1 small french shallot
1 lime
150 ml good olive
some black sesame seeds (not essential but nice)
salt (preferably fleur de sel) and pepper

Instructions

In a Teflon pan, add a couple of tsp of olive oil and add your scallops. Cook on med heat.

Prepare salad: thinly slice shallot, dice cucumber and tomato, mix in a bowl with baby roquette. Juice lime and whisk together with olive oil, salt and pepper.

Scallops should be cooked on one side until nicely browned, then turned over and cooked on the other side.

Once both side of the scallops are done, place on top of mixed salad, drizzle lime vinaigrette over top and sprinkle with fleur de sel and black sesame seeds.