

Pan seared scallops, red pepper coulis, chorizo and black olive couscous |

Recipe for 4 servings

Description

Sea scallops cooked on one side only and served on a bed of couscous flavored with chorizo, kalamata olives and fresh herbs and garnished with a roasted red pepper coulis.

Note

Temper your scallops 15-30 minutes before searing to obtain a more even cooking.

Ingredients

For the scallops

- 8 Unit(s) Giant scallop (u10)
- Salt and pepper
- Vegetable oil

For the chorizo and olive couscous

- 250 Ml Couscous
- 250 Ml Water
- 100 Gr Spanish chorizo
- 50 Gr Pitted kalamata olives
- 12 Sprig(s) Chives
- 6 Sprig(s) Parsley
- 1 Clove(s) Garlic

- Salt and pepper
- Vegetable oil

For the roasted red pepper coulis

- 300 Gr Red pepper
- 30 Ml Olive oil
- 5 Ml Lemon juice
- 5 Ml Honey

- Salt and pepper
- Vegetable oil

Preparation

- Preparation time **45 mins**

General preparation

Finely chop the olives, garlic, chives and parsley. Dice the chorizo.

Red pepper coulis preparation

On a baking sheet, place the peppers. Roast in the oven for 30-35 minutes until nicely browned. Remove the peppers from the oven and set aside in a bowl and cover with a lid. Once cooled remove the peppers skin and seeds. Using a hand blender, mix the pepper with olive oil, lemon juice and

honey to obtain a homogeneous texture. Season with salt and pepper to taste.

Couscous preparation

In nonstick skillet, saute the diced chorizo over medium heat. In a bowl, mix the couscous with a drizzle of olive oil and a pinch of salt. Pour the boiling water on the couscous and cover 10 minutes. Using a fork, fluff the couscous and adjust the seasoning if necessary, add the chopped herbs, black olives, diced chorizo and chopped garlic.

Scallops preparation

Season the scallops with salt. In a hot pan, pour enough vegetable oil to cover bottom and sear them one side until the edges are golden. Add a knob of butter and when butter begins to foam, turn the scallops over. The butter will help the caramelization of the scallop. Let them finish to cook gently off the heat.

To serve

On your plate, draw a nice line of red pepper coulis. Add a small amount of couscous and dress the scallops on top.

Bon appétit!