



A SPECIAL

Valentine's Day

DINNER

instructions:

1 PREP THE SCALLOPS

Rinse the scallops with cold water. Line a large plate with paper towels and place scallops on paper towels. Gently pat dry with paper towels until all liquid is absorbed. This will help ensure a proper sear. Set aside and let them come to room temperature before cooking.

2 COOK THE ASPARAGUS

Preheat oven to 400 degrees F. Toss the asparagus with olive oil, lemon juice, lemon zest, salt, and pepper on a baking sheet until evenly coated. Roast for 9-10 minutes, or until the tips begin to brown and the asparagus is tender. Remove from oven and set aside.

3 PREP MIXED GREEN SALAD

In a small bowl, combine 2 tbsp balsamic vinegar, brown sugar, and a pinch of salt and pepper. Gradually whisk in 4 tbsp olive oil until the dressing is well combined.

Place mixed greens in a medium bowl and sprinkle Feta, almonds, and avocado. Drizzle salad with desired amount of dressing. Set aside.

4 COOK THE SCALLOPS

Season scallops with salt and pepper. Dust scallops with a pinch of flour. This will help with the golden color. Add oil to non-stick skillet, then heat on medium to high heat. Once skillet is sizzling hot, add scallops, flour side down. Leave enough space between them so they are not touching. Cook 2-3 minutes on each side. They will cook very quickly. Be careful not to overcook them!

Remove pan from the heat, transfer the scallops to a plate, and set aside. Return skillet back to the heat. Add butter, followed by garlic. Saute for one minute. Remove skillet from the heat once again. Return scallops back to the pan. Squeeze lemon wedges over scallops and garnish with chopped chives. Serve with the pan.

ingredients:

SERVINGS: 2

THE PAN-SEARED SCALLOPS

1 lb large sea scallops (about 12-15)
pinch salt and pepper
pinch all-purpose flour
3 tbsp butter, unsalted
2 cloved garlic, minced
1/2 lemon, cut into wedges
1 tbsp fresh chives, chopped

LEMON-PEPPER ASPARAGUS

1 lb asparagus, ends trimmed
2 tbsp olive oil
1 lemon, zested and juiced
1/4 tsp salt
1/2 tsp fresh cracked pepper

MIXED GREEN SALAD

5 oz bag of spring mix or greens
2 tbsp balsamic vinegar
1/4 tsp brown sugar
pinch salt and pepper
4 tbsp olive oil
1/4 cup crumbled Feta
1/4 cup almonds, sliced and toasted
1 avocado, sliced

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