



Seared Scallops with Butter Lettuce Salad

By Chef Veera Gaul, Ph.D.



Ingredients

2 small heads of Butter Lettuce
1 avocado, sliced
1 green apple, sliced
½ seedless cucumber, sliced
12-16 cherry tomatoes, halved
Scallions, sliced
1 cup salted Marcona almonds or cashews, toasted
8 sea scallops patted dry
6 tablespoons O&V [Lime Riesling Grapeseed oil](#) *
4 tablespoons O&V [Elderflower Apple Lime Vinegar](#) *
1 tablespoon Honey
Salt and pepper to taste

Preparation

Separate the butter lettuce leaves to create bowls. Place a lettuce bowl in each plate. Tear the remaining lettuce into bite size pieces into a bowl

Chop the apple and toss with one teaspoon of elderflower apple lime vinegar. Add the apples, chopped tomatoes, sliced avocado and cucumber to the bowl with the lettuce leaves.

In a separate bowl mix 4 tablespoons of Lime Riesling oil, remaining Elderflower Apple Lime vinegar, and honey. Season with a little salt and pepper, and stir briskly till combined.

Pour a little of the dressing on the butter lettuce mixture and toss gently. Spoon the mixture into each of the butter lettuce bowls. Add the toasted nuts.

Heat 1-2 tablespoons of Lime oil in a non-stick pan. Add scallops and cook on medium high heat for two minutes on each side, turning only once (See Chef Tip below)

Place the scallops on top of the salad. Mix the remaining dressing and pour over the scallops

Time: 15 minutes

Serves 4

Notes

* Yes, as always, I love using the products from our [Oil & Vinegar franchise](#). In this case the [Lime Oil](#) and [Elderflower Apple Lime vinegar](#) pair together to create the signature “keylime pie” flavor of this dressing. Feel free to substitute products, just remember, that the better the ingredients, the healthier and tastier the outcome/dish.

In this case, you can use all these salad ingredients and dress with a bright, summery combination of an unflavored EVOO, lime juice, salt, pepper, and a little honey. It won't be the same, but it will still be delicious and healthy!

Chef Tip

Searing scallops: The key to getting your scallops browned and beautiful without overcooking them is pretty simple. First be sure to lay them out on a paper towel, generously salt them and let them sit for 10-15 minutes. This draws the water out of them. Then, simply pat them dry and sear for two minutes on each side. You want to guard against overcooking them though, as they turn rubbery and chewy. Always start with a really hot pan, then add the oil, let the oil heat, and then add the scallops, making sure you don't overcrowd the pan – the scallops shouldn't touch each other.

Categories: Soups & Salads, Seafood, Dairy Free, Gluten Free Option, Avocado, Butter Lettuce, Apple, Cucumber, Cherry Tomato, Marcona Almonds, Lime Oil, Elderflower Apple Lime Vinegar, Scallops, Key Lime Pie Dressing