



Scallop Salad (Main Dish)

Quantity	Ingredient	Kcal per 100 g	Kcal per portion
300 g	Scallops	87	65
20 g	Balsamic vinegar	67	3
10 g	Olive oil	900	22
24 g	Cherry tomato	20	1
80 g	Endives	18	4
60 g	Lettuce	17	3
20 g	Rocket	30	1
40 g	Spinach	23	2
4 g	Salt	0	0
2 g	Black pepper	238	1
			102 Kcal

Preparation:

Arrange the endive, lettuce, rocket and spinach leaves and tomatoes on the plate as you like.

Brown both sides of the scallops with the olive oil in a hot skillet. Season with salt and pepper. Remove the skillet from the heat and leave the scallops to rest for 2 minutes.

Add the vinegar.

Arrange the scallops on the salad leaves and use the seasoned cooking liquid.

This recipe serves 4.