

Spinach Salad with Sea Scallops, Mango, Avocado & Sugar-Salted Macadamia Nuts

Ingredients

1 lb Sea Scallops	1 tsp cilantro
2 tbsp sugar	1 tbsp extra virgin olive oil
3 tbsp water, divided	1/2 tsp kosher salt
1/4 cup macadamia nuts	1/8 tsp black pepper
1/8 tsp kosher salt	1 tsp vegetable oil
Cooking spray	8 cups spinach, washed & dried
1 1/2 cup sliced peeled mango, divided	1 cup diced avocado
1/4 cup fresh lime juice	1/2 cup thinly sliced red onion
1/2 tsp grated peeled fresh ginger	

Directions

Preheat oven to 350°. Combine sugar and 1 tbsp water in a saucepan; bring to a boil. Remove from heat; stir in nuts. Spread nut mixture onto a baking sheet coated with cooking spray. Sprinkle with salt. Bake for 10 minutes. Immediately scrape onto a sheet of foil coated with cooking spray. Spread evenly; cool completely. Lightly chop; set aside.

Combine 2 tbsp water, 1/2 cup mango, lime juice, olive oil, ginger and cilantro in a mini food processor; process until smooth. Set dressing aside.

Sprinkle scallops with 1/4 tsp salt and pepper. Heat oil in nonstick skillet over medium-high heat. Add scallops; sear 2-3 minutes on each side. Remove from pan.

Combine spinach with remaining mango, avocado, and onion. Top with scallops and drizzle with dressing. Sprinkle with nuts.

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