

# SEARED SCALLOPS WITH SPRING PEA PURÉE AND CANDIED TOMATOES

Recipe Courtesy: Sammy Vieder, Masterchef Jr. contestant

## Pea Puree

- 2 Tbsp butter
- 2 shallots, minced
- 1 large clove garlic, minced
- 2 cups fresh or frozen peas
- 1 cup low-sodium chicken stock
- 1 ½ tsp finely grated lemon rind
- 1 Tbsp chopped mint leaves
- ¼ tsp each salt and pepper

## Candied Tomatoes

- 1 cup grape tomatoes
- 2 tsp canola oil
- 2 tsp liquid honey

## Scallops

- 12 sea scallops
- 1 pinch each salt and pepper
- 1 Tbsp canola oil
- 1 Tbsp butter

## Pea Puree

1. Melt butter in a medium saucepan over medium heat. Cook shallots and garlic until softened, about 2 minutes. Add peas and stock; bring to a boil. Reduce heat to medium-low, cover and simmer until peas are tender, 5 to 8 minutes for fresh and 3 to 4 for frozen. Pour into blender or food processor and puree until smooth. Transfer to medium bowl and add lemon rind, mint and salt and pepper; keep warm.

## Candied Tomatoes

1. In a bowl, toss tomatoes with honey and oil. Spread on parchment paper-lined baking sheet. Bake in 400°F oven until tomatoes start to blister, about 15 minutes.

## Scallops

1. Sprinkle scallops with salt and pepper. Heat oil in a large skillet over medium-high heat. Add scallops to skillet and cook until golden brown, about 1 ½ minutes. Turn, add butter to pan and cook, basting scallops with butter, until golden brown. Remove from heat.
2. Divide pea puree between 4 plates, smearing across plate. Place 3 scallops on top of pea puree on each plate. Top with candied tomatoes around scallops.