



Seared Medallions

with Mango Salsa

Cooke
FOODSERVICE+



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INGREDIENTS

- 12 oz Scallop medallions
- Salt and pepper
- 1 tbsp olive oil

For Lime Rice:

- 1 cup rice of choice
- Salt
- 1 lime, juiced and zested

For Avocado Mango Salsa:

- 1 small red onion, diced
- 1 small red bell pepper, deseeded and diced
- 1 jalapeno, deseeded and finely chopped
- 1 large mango, diced (substitute for pineapple if preferred)
- 1 medium avocado, diced
- Handful of cilantro, finely chopped
- 2 limes, juiced and zested
- ½ tsp salt

INSTRUCTIONS

Make the lime rice

1. Follow cooking directions on rice package.
2. When cooked, remove from heat and let sit, covered, for 10 minutes.
3. Fold in lime zest and juice.

Scallop prep

4. Wash scallops and pat dry with paper towel. Season with salt and pepper
5. Heat a medium sized skillet on high heat. When pan is hot, melt 1 tsp butter and place scallops in the pan.
6. If necessary, work in batches to avoid overcrowding the pan.

7. Sear without moving them for a few minutes until the bottom forms a crust. Turn over and cook about another minute or two, until the center is slightly translucent, and the bottom is seared.
8. Remove from pan and set aside on a warm plate.

Prep the mango salsa

9. Add all listed ingredients to a medium bowl. Stir to combine. Set aside to serving.

Serve

10. Spoon some lime rice into the individual bowls. Top with a generous spoonful of mango salsa.
11. Top it off with seared scallops.
12. Finish with a squeeze of fresh lime. Serve immediately.

