

Sage Scallops on Watercress

I love this appetizer, it is very Mediterranean. While composing this recipe I was inspired by my trip to Italy. Scallops are tender and sweet and are complemented by the sweetness of sage leaves. The peppery and tender properties of watercress enrich the delicate flavours of scallops. The addition of toasted hazelnuts adds varying texture and crunch, plus they beautifully enhance the flavours of sage, scallops and watercress.

SERVES 4

INGREDIENTS

- 8 sage leaves
- 1 tsp butter
- 2 ounces watercress, leaves (from 1 bag of watercress, most stems removed)
- 8 sea scallops, (220g or 7.76 oz)
- 2 hazelnuts, tasted and cut into small pieces (3g or 0.088oz)
salt and freshly ground black pepper

Heat pan to medium low heat, add butter and sage leaves. Fry them for 2 minutes and turn the heat to medium.

Dry the scallops with a paper towel from excess moisture and season them with a dash of salt and ½ teaspoon of freshly ground pepper. Place them on the sage leaves and cook 2 minutes per side.

Cut the scallops horizontally in half.

Serve them on a bed of watercress, 2 scallops per person (4 pieces), and garnish with hazelnuts. Pour any extra liquid from the pan over the scallops and the greens. Enjoy!!

TIP DU JOUR:

If you have nothing planed for the watercress stems you can cut them into 2 inch long pieces and incorporate them into the greens upon which to serve the scallops.

If you don't have hazelnuts, substitute with almonds or omit using them.

Data per serving.

Calories	64.7	Sodium	123.7 mg
Protein	9.7 g	Cholesterol	20.7 mg
Total Fat	1.9 g	Fiber	0.4 g
Carbohydrates	1.9 g		

Nutritional data compiled from the United States Department of Agriculture National Nutrient Database. Reliance on the information shall be at your sole risk.

To view more delicious recipes visit Monika Korngut's Delicious Living website at www.monikakorngut.com

All writing and photography on Monika Korngut's Delicious Living is copyright Monika Korngut © 2007 unless indicated otherwise. All rights reserved.