

Pan Seared Diver Scallops with Watermelon and Arugula Salad

Servings 2

Yellow watermelon, diced	8 oz
Watermelon radish, thinly sliced	4 oz
White vinegar	2 oz
White sugar	1 oz
Arugula	1 Cup
Pomegranate Molasses	1 oz
Aged Balsamic Vinegar	.5 oz
Toasted Walnuts	2 oz
Blue cheese crumbles	2 oz
Fresh mint leaves	6 ea
Fresh Thyme	4 Sprigs
Diver scallops, u 10	10 ea
Olive oil	1 T
Butter	.5 T
Salt/Pepper	to taste

Method:

1. Mix white vinegar with sugar with a pinch of salt and pepper and mix.
2. Add sliced watermelon radish and allow to “quick pickle” for five minutes.
3. Mix diced yellow watermelon with pomegranate molasses and mint. Allow to sit for a few minutes
4. Season scallops with salt and pepper.
5. Get a sauté pan hot and add olive oil. Add seasoned scallops and sear for 2 minutes. Before flipping the scallops add fresh thyme sprigs whole to the pan with the butter. Allow to cook for 30 more seconds. Flip scallops and finish cooking for two minutes.
6. To plate dish place watermelon radishes around plate to for a ring. In the middle of the plate add the arugula. Top the arugula with the dived watermelon salad and some of the liquid from the bowl. Top the watermelon salad with the walnuts and blue cheese.
7. Place the scallops on top of the watermelon radish in a circle.
8. Finish plate with a drizzle of the aged Balsamic.
9. Enjoy eating healthy!!!