

SEARED SCALLOPS WITH PANCETTA & CHORIZO

SERVES 2

INGREDIENTS

6 scallops

Olive oil

100g pancetta, cut into lardons

100g chorizo, cut into slices the size of a five-pence piece

50g butter

1 bunch parsley, roughly chopped

1 lemon

Salad leaves



- Place a heavy-bottomed frying pan onto a high heat. Season the scallops with sea salt and olive oil, and add them to the pan once it's hot.
- Turn each scallop after 45–60 seconds (depending on their size) and add the pancetta and chorizo to the pan. Make sure the scallops are golden-brown where they've been in contact with the pan.
- Add the butter, parsley and a squeeze of lemon after another 45–60 seconds, then remove from the heat and leave to stand for 1 minute.
- Serve on a bed of salad leaves, with a hunk of granary bread on the side.