

Eating Clean Recipes

Scallops With Strawberry Relish

Are you looking for another fish recipe that is high in protein besides salmon? With this recipe, you're going to make scrumptious scallops EVEN BETTER with the help of some fresh Strawberry Arugula Relish. Let's get cooking!

Nutritional Information Per Serving

	Calories	Fat	Carbs	Sugar	Protein
Scallops with Strawberry Relish	241 g	7.4 g	9.47 g	5.25 g	37.8 g

Ingredients:

4 large scallops

2 tbsps. arugula, finely chopped

2 tbsps. shallots, finely chopped

2 large strawberries, diced

2 tbsps. white balsamic vinegar

2 tbsps. olive or coconut oil

Salt and pepper, to taste

Instructions:

Heat 1 tbsp. of olive oil in 8" skillet.

Add shallots and saute 3-4 minutes until soft – do not burn.

Remove from heat and place in a bowl to cool.

Heat another 1 tbsp. of olive oil in the same skillet.

Once hot, add scallops and sprinkle each side with a pinch of salt and pepper to taste.

Cook until golden brown on bottom – about 5-7 minutes – then flip. Repeat on the other side.

While scallops are cooking, mix together arugula, strawberries, vinegar, and shallots.

When scallops are done, place them on a plate and scoop equal portions of relish on top.

Enjoy!