



Sesame Scallops with Orange, Fennel & Kalamata Salad

Active Time: 15 minutes | Total Time: 20 minutes | Serves: 4

Nutrition Information Per Serving

254 calories, 14.46 g carbohydrate, 4.42 g fiber, 10.04 g NET carbs, 19.02 g protein, 14.18 g fat

Ingredients

- 1 whole bulb organic fennel, thinly sliced, plus fronds
- 1/2 whole (s) organic lemon, plus zest
- 1 whole organic orange, peeled and sliced
- 2 Tbsp(s) fresh organic parsley, finely chopped
- 1/2 tsp(s) sea salt
- 1/2 tsp(s) freshly ground black pepper
- 4 Tbsp(s) toasted sesame seeds
- 16 whole(s) wild sea scallops
- 2 Tbsp(s) virgin avocado oil
- 2 tsp(s) fresh organic thyme, finely chopped
- 1/2 cup(s) organic Kalamata olives, halved

Preparation

1. Prepare the salad. Add the orange, fennel, lemon juice, and olives to a medium non reactive bowl. Stir to coat and set aside.
2. In a separate bowl, combine parsley, thyme, sesame seeds and lemon zest.
3. Season scallops with salt and pepper. Roll the scallops in herb-sesame mix.
4. Coat a cast iron skillet or a safe nonstick pan with avocado oil.
5. Place scallops in hot skillet and sear about 2 minutes per side until the scallops are opaque and firm.
6. Place scallops on serving plates with orange salad.
7. Serve.

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