



Tapas Style Brown Butter and Sage Scallops with Garlic Asparagus

Special Sides 15-20 Minutes

7A

Find all your unchilled Market items in bag A.



Scallops



Sage



Garlic Clove



Asparagus



Unsalted Butter

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Kitchen paper, garlic press, frying pan and lid.

Ingredients

Ingredients	Quantity
Scallops**	200g
Sage**	1 bunch
Garlic Clove**	1
Asparagus**	100g
Unsalted Butter** 7)	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	175g	100g
Energy (kJ/kcal)	1182 /283	675 /161
Fat (g)	17.7	10.1
Sat. Fat (g)	11.3	6.5
Carbohydrate (g)	5.5	3.2
Sugars (g)	1.2	0.7
Protein (g)	25.0	14.3
Salt (g)	0.99	0.56

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

6) Molluscs 7) Milk

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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Fry the Sage

a) Drain the **scallops**. Pat dry with kitchen paper, then season with **salt** and **pepper**.

b) Pick the whole **sage leaves** off their stalks (discard the stalks), then roughly chop **half** the **sage leaves**. Set aside the **chopped sage** for now.

c) Peel and grate the **garlic** (or use a garlic press).

d) Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **whole sage leaves** in a single layer. Fry until crispy, 1-2 mins. Transfer to a plate lined with kitchen paper and sprinkle with a pinch of **salt**.

Cook the Asparagus

a) Trim the bottom 2cm from the **asparagus** and discard.

b) Return the large frying pan to medium heat with another drizzle of **oil**. Once hot, add the **asparagus** and season with **salt** and **pepper**. Fry for 1 min, then add a splash of **water** and immediately cover with a lid or some foil. Cook until the **asparagus** is tender, 4-6 mins.

c) Add the **garlic** and fry until fragrant, 1 min, then remove from the pan and cover to keep warm.

d) Return the pan to medium-high heat with another drizzle of **oil**.

Fry the Scallops and Serve

a) When the pan is hot, add the **scallops** and cook until the **scallops** are golden and piping hot, 3 mins on both sides. **IMPORTANT:** Wash your hands and equipment after handling raw shellfish. They're cooked when opaque in the middle.

b) After the **scallops** have been in the pan for 2 mins, add the **butter** to the pan. Once cooked, stir through the **chopped sage** and remove from the heat

c) Serve the **scallops** in a serving bowl with the **brown butter** drizzled over.

d) Arrange the **fried sage leaves** on top of the **scallops**. Serve the **garlic asparagus** alongside to finish.

Enjoy!