



SEARED SEA SCALLOPS WITH SPINACH LINGUINE

Ingredients: [for 1 serving]

- fresh linguine for one
- 4 very thin slices of pancetta
- 2 sea scallops
- 1 tbsp whole wheat flour
- 1/2 tsp cumin powder
- fresh ground pepper
- 1 rosemary sprig
- 1 roma tomato, shopped
- 1/4 cup chopped yellow onion
- 1/4 tsp garlic
- olive oil
- sea salt
- fresh lemon wedge

Preparation:

1. Boil water for your pasta.
2. Drizzle a small amount of olive oil on your pan and place lay the pancetta slices flat. Fry in medium-low until crispy. Place it on a plate with paper towel to drain out the excess oil.
3. In a small bowl, mix the flour, cumin, salt, and pepper. Use the cumin according to how spicy you want your scallops to be. The 1/2 tsp was enough to give it a slight kick.
4. Wipe your scallops with a paper towel and roll into the flour mixture. Pat the excess flour off. On the same pan and oil used for the pancetta, sear the scallops in med-high heat. [Use a cast iron skillet or a stainless steel pan. The scallops will cook in about a minute per side and the caramelization would be very pretty.] Add more oil if needed. The cooking time for the scallops would depend on how thick (and/or cold) they are.
5. Wash a rosemary sprig and dry it with a paper towel. Divide it into three. Place two pancetta slices on a plate, and another on top of each, then a piece of rosemary.
6. Once the scallops are done (i.e. caramelized outside, put it on top of the rosemary.
7. Sprinkle salt to your boiling water. Then add your pasta. Fresh pasta will cook for about 3-5 minutes.
8. Saute the onions in the same pan, in medium-low heat, for 3 minutes. Add the tomatoes and the remaining rosemary with the stem removed. Allow the tomatoes to soften. Add a little salt and fresh ground pepper to taste.
9. Toss in the pasta. Serve with the scallops and fresh lemon wedge.

Happy eating!

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