Seared Scallops With Summer Romesco Sauce



Ingredients

- 3 scallops per person, cleaned
- 2 red capsicums
- 1 – 2 red chillies (to taste)
- 30ml red wine vinegar
- 1 tbsp fresh oregano
- 100g pine nuts
- 2 tbsp olive oil
- Salt and freshly ground black pepper
- Micro greens to garnish

Directions

Step 1 – Prepare the barbecue for direct cooking over medium heat (200°C-220°C). Ensure the cooking grills are clean.
Step 2 – Place the whole capsicums and chillies onto the grill and close the BBQ lid. Roast the capsicums and chillies, turning occasionally to char all sides. Once charred and softened, remove everything from the grill, place into a heat proof bowl and cover with cling wrap. Set aside to cool.
Step 3 – Remove the scallops from the fridge and place in a single layer on paper towel. Allow to come to room temperature for 30 minutes.
Step 4 – Once the capsicums and chillies have cooled, peel off the skin and remove the membranes and seeds. Place into a food processor, along with the red wine vinegar, oregano, half of the pine nuts, the olive oil, salt and pepper and blitz until smooth. Set aside.
Step 5 – Heat a BBQ safe frying pan or cast iron hotplate in the BBQ. Season the scallops on both sides with salt and pepper. Once the frying pan is hot, place the scallops onto the grill and cook for around 2 minutes each side, or until firm and opaque. Remove from the BBQ.
Step 6 – To serve, spoon a little romesco sauce onto a plate, top with the scallops and garnish with remaining pine nuts and micro greens. Serve immediately.