

Roasted Scallops with Cruditee and Spiced Cucumber Sauce  
(serves 4)

16 large scallops  
1 1/2 T olive oil  
1tsp. ground coriander  
1 C fresh snow or snap peas sliced thin  
1 C fresh endive sliced thin  
2 C fresh spinach chopped  
1 C thinly sliced white mushroom  
Juice of 1/2 lemon  
S and P to taste

For Sauce:

1 C water  
1 cucumber roughly chopped  
1 bunch fresh parsley  
2 C fresh spinach  
2 T grain mustard  
1 tsp. Tabasco (optional)  
Juice of 1/2 lemon  
(reserve extra for lunch tom.)

1. Season scallops with salt, pepper, and ground coriander. Heat a medium size pan on high with olive oil. Add seasoned scallops and cook for 3 minutes. Turn heat off and squeeze fresh lemon juice over the top and flip the scallops. Let the fish rest in pan.
2. Toss cruditee ( raw vegetables) together with salt, pepper, and a 1/2 T of olive oil.
3. Add components for sauce to a blender and puree on high until liquid and well pureed. Bring sauce to a simmer on stove and TASTE.
4. Place sauce, cruditee and then scallops on plate.