



COOKING PASSION SINCE 1877

Seared scallops with garlic lemon and parmesan orzo



Serves: 4

INGREDIENTS

300 g **orzo**
2 tbsp olive oil
2 tbsp unsalted **butter**
2 cloves garlic, minced
120 ml white **wine**
75 g grated **parmesan**
Zest of 2 lemons
½ tsp salt
½ tsp freshly ground black pepper
12 large **scallops**
2 tbsp finely chopped parsley

Serve with:

Green veg such as tenderstem broccoli
Lemon wedges

ALLERGENES HIGHLIGHTED IN BOLD

PREPARATION

Place the orzo in a large pan of boiling water and simmer for 9 minutes. Then drain, reserving 1 cup of the cooking water. Add half the oil and half the butter to a frying pan and heat over a medium heat. Add the garlic and cook for 1 minute. Add the wine and let it bubble for 3 minutes, until reduced by half. Add the orzo and stir together. Add the parmesan, lemon zest and half the salt and pepper. Stir again and turn the heat down to low. Now it's time to cook the scallops. Heat the remaining oil in a frying pan over a high heat. Pat the scallops dry and season with the remaining salt and pepper. Place in the oil, cooking for 2-3 minutes (until golden), without moving them. Turn them over and add the remaining 1 tbsp of the butter to the pan. Cook for a further 1 ½-2 minutes, until golden. Turn off the heat. Give the orzo a stir and add in a good splash of the reserved orzo cooking water to loosen it up so it's thick and creamy. Transfer the orzo to a serving bowl and top with the cooked scallops. Sprinkle on the parsley and serve with green veg (we like steamed tenderstem broccoli) and lemon wedges.