

Roasted scallops a la Galicia with lentils and piquillo peppers

A great contrast between the sweet, luxurious scallops and hearty, earthy lentils. Ensure you buy good quality lentils like pardina or puy, the difference is significant, as much as between farmed and free range meat. The dressing works well with fish, a classic from Galicia using sweet Spanish paprika which is now available from large supermarkets and delis alike.

Serves 4 as a tapa

4 large hand dived or ethically caught sea scallops, each sliced into three

200g quality lentils

1 large shallot, finely chopped

2 piquillo peppers (tinned), finely chopped

100ml olive oil

25ml white balsamic vinegar

12.5g smoked paprika

Sea salt

Black pepper

Olive oil for cooking

Half a lemon

Firstly sit the lentils in a sauce pan and cover well with cold water. Bring to the boil and simmer until the lentils are just tender. When they are cooked drain well, season to taste and stir in the peppers and shallots. Reserve and keep warm.

Heat a non stick sautee pan over a high heat ready for the scallops.

In another small sauce pan heat the olive oil, paprika and vinegar, stirring all the time. Take care not to burn the paprika. You should just cook the paprika “out” slowly to mull the flavour. Season well and reserve.

Season the scallops well and then add a lug of olive oil to the non stick pan. Place the scallops in the pan and caramelize on one side for approx 3mins. Turn the scallops and cook briefly for 1 minute. Remove from the pan and squeeze over some lemon juice.

Divide the lentils between four plates, place three pieces of scallop on top and then spoon over the paprika dressing. Serve.

