

Pan Seared Scallops with Wilted Spinach & Arugula

Horton Vineyards | July 2016



INGREDIENTS

16 large sea scallops (about 1 1/4 pounds)

1 1/2 teaspoons salt

Freshly ground black pepper

3 tablespoons olive oil


A few minced garlic cloves

7 ounces baby spinach (about 10 cups)

7 ounces baby arugula (about 10 cups)

1/4 teaspoon crushed red-pepper flakes



Heat a large skillet over medium-high heat. Sprinkle scallops with 1 teaspoon salt and some pepper. Heat 2 tablespoons oil in skillet. Arrange scallops in skillet, and cook until golden brown. Flip, and cook until scallops are opaque, 30 to 45 seconds. Transfer to a plate lined with paper towels. Reduce heat  to medium, and add remaining oil to skillet. Add garlic, and cook for 15 seconds. Add spinach, arugula, red-pepper flakes, and remaining 1/2 teaspoon salt and 1/8 teaspoon pepper. Cook until just wilted, about 2 minutes. Transfer to a platter, top with scallops, and serve immediately.

Pair with Horton Viognier or Petit Manseng.