



Dinner Recipe: Easy Peasy Scallops

Ingredients

12 large scallops
4 Tbsp of avocado Oil
a splash of sherry
4 tbsp heavy cream
1 red onion (chopped)
1 1/2 lbs. spinach (chopped roughly)
2 tbsp ginger (chopped, fresh)
3 cloves of garlic (chopped, fresh)
1/4 tsp cayenne pepper
3 tsp Life is a Recipe® Garam Masala (divided)
1 tsp cumin seeds
1/2 tsp turmeric
1/2 tsp salt (to taste)
pepper (to taste, fresh ground)

Instructions

1. In a saucepan, heat 2 tablespoons of avocado oil over medium heat.
2. Next, add in cumin and stir for about 15 seconds.

-
-
3. Add in garlic, onion and ginger and cook until brown.
 4. Add in turmeric, salt, cayenne and 2 teaspoons of garam masala.
 5. Add in a splash of sherry.
 6. Next, add in spinach a handful at a time until bright green and wilted.
 7. Simmer on low heat for 6-8 minutes.
 8. Dry scallops.
 9. Season both sides with salt and pepper.
 10. In a large skillet, heat 2 tablespoons of avocado oil.
 11. When the oil begins to simmer, add in scallops.
 12. Cook until golden.
 13. Set aside.
 14. Add in heavy cream and 1 teaspoon of Life is a Recipe® Garam Masala to the spinach.
 15. Turn off the heat.
 16. Serve scallops on a bed of spinach.
 17. (Serves 4.)