



## Cooking with Chris

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### Deconstructed Guacamole on Pan Seared Scallops

*typically serves 8-10, but servings can be easily adjusted for the number of people dining and the amount of ingredients available*

#### Ingredients:

- 2 dozen fresh scallops
- 2T vegetable oil
- avocado, chilled and diced
- tomatoes, peeled and diced
- sun-dried tomato
- white onion, finely diced
- Anaheim pepper, finely diced
- fresh cilantro, chopped
- the juice of a lime wedge
- your choice of hot sauce (optional)

#### Steps:

1. Rinse scallops and remove tendon.
2. Dice avocado, tomato, sun-dried tomato, peppers, and onion into small pieces and set aside. *\*\*Keeping the avocados chilled until slicing makes dicing them into small pieces easier.\*\**
3. Rinse and chop cilantro leaves.
4. Heat vegetable oil in a pan on high heat.
5. Add scallops and cook for ~1.5min or until nicely golden-browned on one side.
6. Turn scallops and cook for another ~1.5min.
7. When browned on both sides, remove scallops to pre-warmed plates.
8. Sprinkle avocado, tomato, sun-dried tomato, onion, and pepper over scallops.
9. Squeeze a few drops of lime juice over each plate.
10. Add hot sauce and cilantro to garnish.

*Enjoy!*