



# Scallops Under Salad

## WHAT'S NEEDED

### Ingredients:

- 2 cups cooked farro or barley
- 1 lb. diver sea scallops
- 1 cup carrots, julienned
- 1 cup leeks, julienned
- 2 scallions, thinly sliced
- 1 tsp. ginger, minced
- 1/8 cup of **Cholula Chili Garlic Hot Sauce**
- 1/8 cup fresh lemon juice
- 1 tsp. olive oil
- 2 tsp. low sodium soy sauce
- 1/4 cup Chardonnay



### Arugula & Watercress Salad:

- Small bunch of baby arugula
- Small bunch of watercress
- Sea salt to taste
- Fresh ground black pepper to taste

### Avocado Dressing:

- 1 avocado
- 1 tbsp. red wine vinegar
- 1 tsp. Dijon mustard
- 1/4 cup Greek yogurt
- 1 tbsp. tahini
- 1 tsp. **Cholula Chili Garlic Hot Sauce**
- sea salt and fresh ground black pepper to taste

## HOW TO MAKE

### Preparation - 4 servings

1. Preheat oven to 400°F.
2. Cut 2 pieces of parchment paper in half, each about 16 x 24"; fold crosswise in half so each piece measures 12x16-inches. Cut half heart from each folded piece to make a full heart when unfolded.
3. Drop the carrots into boiling, salted water and cook until tender, approximately 2 to 3 minutes. Remove with a strainer and drain. Cook leeks in the same water until tender, approximately 1 to 2 minutes. Remove and drain.
4. Toss carrots and leeks with the scallions, ginger, **Cholula Chili Garlic Hot Sauce**, lemon juice, olive oil, soy sauce and Chardonnay.
5. Open paper hearts and place 1/2 cup of cooked farro in center of each heart next to fold.
6. Place 1/4 cup of the carrots and a 1/4 cup of the leeks on top of farro and then top that with 3 or 4 scallops. Season scallops with salt and pepper.
7. Fold paper over and double fold edges to seal tightly. Place packets on baking sheet and bake 30 minutes. Transfer packets to plates and open.
8. Mix the washed arugula and watercress in a bowl and season with sea salt and black pepper. Lightly dress.
9. Add all ingredients for the Avocado Dressing to a blender and pulse until smooth and creamy.
10. Serve with a Arugula & Watercress Salad on top of the scallops and drizzle with more Avocado Dressing if desired.