

Scallops and peas with lemon and dulse crumb



A classic combination of scallops and peas with a sea herb lemony crumb.

Serves 4 | **Prep** 15 minutes | **Cook** 50 minutes

Ingredients

½ bulb garlic
50g butter plus 1 tablespoon rapeseed oil
50g fresh breadcrumbs
zest and juice 1 lemon
1 tablespoon dulse
2 cups frozen peas
handful of fresh mint leaves
12 scallops

Method

- 01** Wrap the unpeeled garlic in foil and roast in a moderate oven for 40 minutes until soft. Remove the foil and push the softened garlic out of their skins into a bowl.
- 02** In a frying pan, melt 25g butter over a moderate heat and add the breadcrumbs, keep stirring until they turn golden. Remove from the heat and mix in the lemon zest and dulse. Set aside.
- 03** Cook the peas in water for 5 minutes, drain and put in a food processor or liquidiser, season with salt and pepper, add the juice of the lemon, 5g of butter and the mint and process until smooth.
- 04** Dry the scallops with kitchen roll, season with salt and pepper. Heat the oil and remaining butter in a frying pan and sear the scallops over a high heat until a golden crust has formed – around 3 minutes each side.
- 05** To serve – put the pea purée on a plate and place the scallops on top then scatter over the dulse crumb.