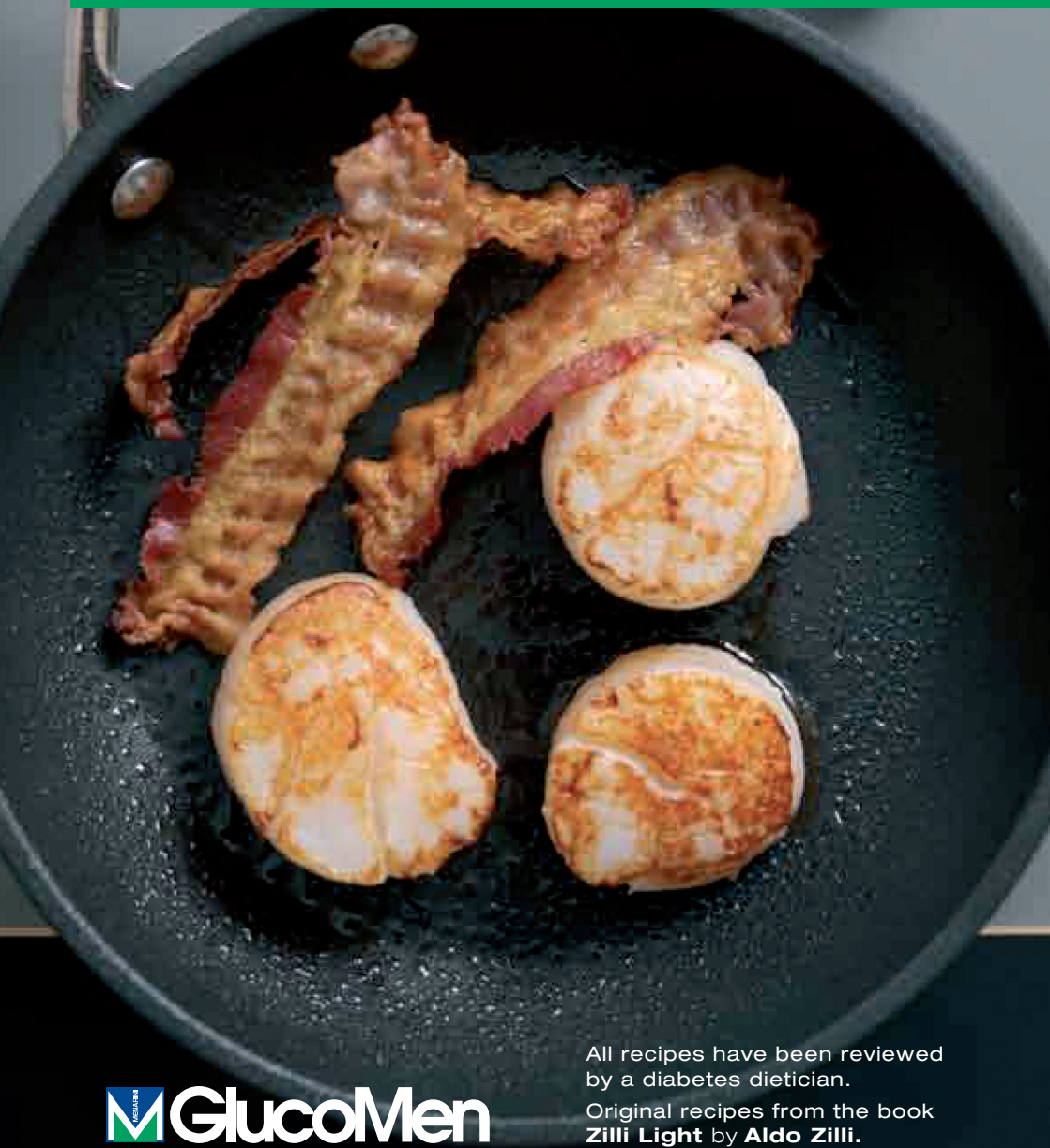


# pan-fried scallops

with pea puree, crispy pancetta



All recipes have been reviewed by a diabetes dietician.

Original recipes from the book **Zilli Light** by **Aldo Zilli**.



**Aldo says...**

*Per serving; Energy: 212 kcal, Protein: 40 g*

*Fat: 10 g, Carbohydrate: 14 g*

The sweetness of the peas works really well with the scallops for a great tasting dish. If you like you can leave out the pancetta and just add some mixed leaves with a lemon dressing instead.

*Serves: 4*

*Preparation time: 5 minutes*

*Cooking time: 7 minutes*

**4 slices pancetta**

**1 teaspoon sea salt**

**12 scallops, cleaned,  
without roes**

*Pea Purée*

**450 g (14½ oz) peas  
(defrost if frozen)**

**a handful of mint leaves**

**salt and freshly ground  
black pepper**

Arrange the pancetta slices in a baking tray and cook under a hot grill until crispy. Remove and set on kitchen paper to drain.

Meanwhile, heat a griddle pan on top of the stove. When it is very hot, sprinkle with the sea salt then sear the scallops – 1 minute each side and they will be ready. The salt prevents the fish from sticking to the pan.

To make the pea purée, place the peas and mint in a blender and blitz. Put in a small saucepan and heat gently. Season.

Put three spoonfuls of pea purée on each plate, place a scallop on each heap of puree and top the serving with a slice of crispy pancetta.

Serve immediately.