



RECIPE | CUCUMBERS

PAN-SEARED SCALLOPS WITH CUCUMBER SALAD



20 min

15 min
PREP.

5 min
COOKING



4



easy

INGREDIENTS

Recipe created by *Double the Spoonfuls*

10 oz Pure Flavor® Poco Bites® Cocktail Cucumbers, diced
12 scallops
½ avocado, diced
½ shallot, finely chopped
10 oz feta, divided
⅓ cup plain Greek yogurt
5 tbsp olive oil, divided
3 tbsp dill, chopped, divided

1 tbsp red wine vinegar
1 tbsp basil, thinly sliced
2 tsp lemon juice
1 tsp chives, chopped
1 tsp crushed red pepper flakes
Salt & pepper, to taste
Pita bread, toasted for serving



DIRECTIONS

- 1 Add 8 ounces of feta, Greek yogurt, 2 tablespoons olive oil, and lemon juice to a food processor. Whip until combined and smooth.
- 2 In a medium bowl, combine cucumber, avocado, red wine vinegar, 1 tablespoon olive oil, basil, 2 tablespoons dill, chives, shallot, crushed red pepper, and salt & pepper, to taste.
- 3 Pat the scallops dry and season both sides with salt and pepper. Heat the remaining olive oil in a large skillet over medium-high heat. Once the oil is shimmering, add the scallops and sear for 3 minutes on each side until golden. Remove from heat.
- 4 Spread the whipped feta on a serving plate, then add the scallops, and top with the cucumber salad.
- 5 Garnish with remaining feta and dill. Serve with toasted pita bread.

