

Seared Scallop Ceviche

2 TBSP olive oil.

1/4 cup chopped red peppers

1 lb sea scallops.

1/4 cup chopped red onions

2 tsp finely chopped jalapeño

Salt and fresh ground pepper.

3 TBSP chopped fresh coriander

1/4 cup orange juice

1/2 cup lime juice

Heat oil in large non-stick skillet over high heat

Add scallops and sauté for 1 minute per side, or until seared

Seasoned with salt and pepper and cut into quarters

Combine orange juice, lime juice, red peppers, onions and jalapeño, coriander and scallops in a bowl.

Marinate for 1 to 4 hours refrigerated, before serving.

Serve the ceviche sprinkled with a little marinade spooned into an endive leaf or on Boston lettuce