

# Scallops and Vegetables



## A Taste of *The Café* AT THE FRICK

*Serves:* Yields 4 servings

*Prep Time:* 35 minutes

*Cook Time:* 10 minutes

### *Ingredients*

1 half small onion julienned  
1.5 cups blanched green beans  
1 cup cherry tomatoes  
2 cup baby arugula  
1 teaspoon chopped garlic  
2 cups cooked orzo pasta  
3 tablespoons cream  
¼ cup grated Manchego cheese  
8 each U10 sea scallops (U10) denotes the size = under 10 to a pound  
Salt and pepper

### *Procedure*

In a medium hot skillet sauté the onions until soft. Then add the green beans, tomatoes, and arugula and further sauté until the green beans are heated through, the tomatoes are starting to split and the arugula is wilted. Then season with salt and pepper and the chopped garlic. Then add the pasta, cream, and cheese until well combined. In a separate pan that is hot add a few tablespoons of vegetable oil and add the scallops that have been seasoned with salt and pepper. Do not move the scallops, just let them sear for about one and a half minutes on each side. In a bowl, place scallops on top of the vegetable pasta mixture and drizzle with extra virgin olive oil and fresh grated Manchego cheese.

Bon Appetit!