

## LIGHTLY SEARED SCALLOP, CHORIZO & CAULIFLOWER PURÉE



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- Sub Category Name  
Food  
Main Courses
- Recipe Source Name  
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### Ingredients

#### LIGHTLY SEARED SCALLOP, CHORIZO & CAULIFLOWER PURÉE

- Fresh scallops
- 1 Chorizo sausage
- 200ml fresh milk
- 250g cauliflower
- 2 tbsp butter
- Salt & pepper

### Methods and Directions

#### LIGHTLY SEARED SCALLOP, CHORIZO & CAULIFLOWER PURÉE



## Scallops

- Pre heat a saucepan on a high heat. Lightly sear scallops for 40 seconds on each side until caramelised.

## Chorizo Sausage

- Thinly slice Chorizo sausage and fry in a saucepan on a high heat until golden brown.

## Cauliflower Purée

- Finely slice cauliflower and place into a heavy based pot. Add butter, a pinch of salt and pepper & cook on low heat for 3 minutes. Cover cauliflower with milk, bring it up to a boil and then simmer until soft. Drain liquid and blend cauliflower until smooth.

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