



## SCALLOPS & MISO DRESSING

**HAAR**  
AT HOME

DEAN|BANKS

# SCALLOPS & MISO DRESSING



## BOX CONTENTS, ALLERGENS & METHOD

### Items:

- 4x Hand Dived Scallops
- Spring Onion Salad
- Sesame Oil
- Miso Dressing

### Hand Dived Scallops: Scallops (*MOLLUSCS*)

Miso Dressing: Miso Paste: Water, Soyabean (*SOYA*), Rice, Salt, Alcohol, Honey, Soy Sauce (*SOYA*) (*WHEAT*), Sesame Oil (*SESAME*), Mirin: Glucose Syrup, Water, Spirit Vinegar (*SULPHITES*), Fermented Rice Alcohol (*SULPHITES*), Sugar, Acidity Regulator: Citric Acid, Cane Molasses - Water, Rapeseed Oil, Rice Wine Vinegar (*SULPHITES*)

Spring Onion Salad: Spring Onion, Chilli, Ginger, Cucumber

Sesame Oil: Sesame Oil (*SESAME*), Rapeseed Oil

- Preheat oven to 200c/180c fan/gas 6.
- Remove scallops from packaging and give them a rinse under cold running water to remove any small pieces of shell inside.
- Pat dry with kitchen roll and place onto an oven tray. Drizzle each scallop with 1/4 of your sesame oil.
- Place into oven and bake for 10mins.
- Place spring onion salad into a small bowl and dress with 1/3 of your dressing.
- Remove scallops from the oven, carefully place onto your serving plate.
- Split the remaining dressing over your 4 scallops.
- Garnish each one with 1/4 of your spring onion salad and serve!



#### Disclaimer:

Our food is packed in an environment where all 14 major allergens may be present. Therefore, whilst we have strict separation processes, we cannot guarantee that menu items will be completely free from any particular allergen. If you have any concerns, please contact us before ordering.

#### PLEASE NOTE THAT THESE INGREDIENTS ARE NOT SUITABLE FOR HOME FREEZING

On a rare occasion, we need to substitute items. This may be as a result of supplier availability or seasonality.

