



DEANBANKS

## SCALLOPS & MISO DRESSING



## **BOX CONTENTS, ALLERGENS & METHOD**

## Items:

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

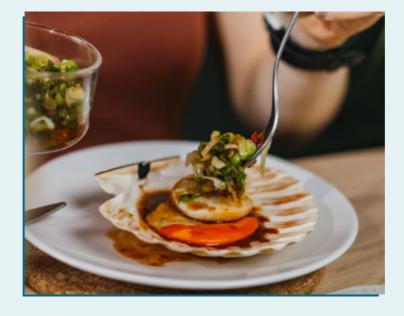
<u>Hand Dived Scallops</u>: Scallops *(MOLLUSCS)* 

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)

<u>Spring Onion Salad</u>: Spring Onion, Chilli, Ginger, Cucumber

<u>Sesame Oil</u>: 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!







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