

Pan-fried Scallops & Chorizo



4 large chorizo cooking sausages cut into thick slices

12 Scallops (or raw prawns)

1 roasted red pepper, sliced into thin strips

1 shallot, finely sliced

3 tbsp olive oil

1 tbsp sherry vinegar

Flat leaf parsley

Cook the chorizo in a dry frying pan until crisp.

In a separate frying pan, sear the scallops 1 minute each side (or prawns until pink).

Whisk the olive oil, sherry vinegar and shallot together with salt and pepper.

Mix the cooked chorizo and red pepper strips together with the dressing and top with the seared scallops/prawns.

Scatter with chopped parsley.