

RECIPE: SEARED SCALLOPS WITH CORN SALSA

CONDIMENTS & OIL

Extra virgin olive oil, 1 fl. Oz.

FISH & SHELLFISH

Sea scallops, 24 large

FRUITS

Pineapple, 1

SPICES & SEASONINGS

Kosher salt

Black pepper (cracked)

VEGETABLES

Corn, 2 Ears

Garlic, 1 Head

Jalapeno pepper, 1

Tomato, 2

Fresh cilantro, 0.19 oz.