

# Walnut Encrusted Sea Scallops

1. Defrost Sea Scallops according to package.
2. Set out 3 small bowls, one with almond meal, one with eggs (stirred with fork), and one with crushed walnuts.
3. Melt 2 Tbsp Coconut Oil over medium high heat in a skillet.
4. Coat each sea scallop with almond meal, then dip it in the egg mixture, then coat with crushed walnuts. Add into hot skillet. Repeat for 6 scallops.
5. Cook for approximately 4 minutes on each side, flipping carefully with tongs to keep the coating in tact. Scallops should be opaque white and not translucent when fully cooked.
6. Combine the sauce ingredients in a small bowl: yellow mustard, brown mustard, and honey.
7. Dip scallops in the sauce and enjoy!

Recipe from Kristin

One word: YUM! This is not an average weeknight dinner. This would qualify as a elegant Valentine's Day dinner. Do you celebrate Valentine's Day with your significant other? Neil and I really don't do much for Valentine's Day. Serve these scallops with a side salad or maybe some prosciutto wrapped asparagus or roasted veggies. The star of the dish is definitely the scallops. Enjoy!

xoxo,

Kristin