

SCALLOP BACON SANDWICHES

FROM PALEO HAPPY HOUR

by kelly milton

preparation time: 15 minutes

cook time: 16 Minutes

serves 4-5

4 slices of bacon

20 large scallops

½ teaspoon curry powder

½ teaspoon red pepper

¼ teaspoon sea salt

¼ cup red onion, thinly sliced

½ cup baby spinach leaves,
stems removed

non-stick cooking spray

(olive oil or coconut oil)

SHALLOT SAUCE

1 tablespoon bacon grease

2 shallots, finely diced

4 tablespoons balsamic vinegar

¼ teaspoon honey

1. In a large frying pan, fry the bacon over medium-high heat. While the bacon is cooking, mix together in a small bowl the curry powder, red pepper and sea salt. On a small plate arrange the scallops in a single layer. Sprinkle half of the seasoning over the scallops. Place the scallops, seasoned side down in a frying pan coated with cooking spray. Fry the scallops over medium-high heat for 3 minutes. Sprinkle the remaining seasoning onto the scallops, flip and cook another 3 minutes. Once cooked, remove both the scallops and the bacon from their pans, and set aside. Reserve one tablespoon of the bacon grease.

2. Add 1 tablespoon of bacon grease, the shallots, balsamic vinegar and honey to a medium saucepan. Simmer on medium-high heat until the sauce thickens.

3. Cut each scallop in half horizontally. Cut the bacon into 1-inch sections. To assemble, place a piece of bacon, a sliver of onion and a leaf or two of spinach on top of half a scallop, placing the other half scallop on top of that. Secure each stack with a toothpick, and finish with a small dollop of the shallot sauce.

