



Seared Scallops with black bean cilantro rice and roasted asparagus, drizzled with honey sriracha glaze

GO WILD™ Sea Scallops are harvested from rugged North Atlantic waters, where strong currents force the scallop muscle to work harder to keep its shell closed. The result? Firm meat that's a joy to cook with—and wonderfully sweet to eat!

This GO WILD™ Creation pairs the world's best sea scallops with asparagus spears and black bean cilantro rice, over which a honey sriracha glaze is drizzled. Once you've got the rice dish well on its way, preheat a non-stick skillet on medium-high. Then let it thoroughly heat so that the scallops make a distinct sizzle when placed in the pan. That's the secret to getting a caramelized crust, which seals in the tender sweet flavor of the scallop. The glaze gives the dish a tangy zing with a touch of added sweetness from the honey.

Prep time:
20 minutes

Cook time:
20 minutes

Difficulty level:
Moderate

Serves: 2

Ingredients

1 tray GO WILD™ North Atlantic Scallops
1 bunch asparagus spears, trimmed by 1" at bottom

Black bean cilantro rice

½ cup white rice
1 ⅓ cups water
1 cup canned black beans, drained
¼ cup cilantro
1 tsp salt
1 tsp extra virgin olive oil

Honey sriracha glaze

¼ cup honey
¼ cup sriracha
1 Tbsp apple cider vinegar

Directions

Black bean cilantro rice

In a 2-quart sauce pan place water, salt and olive oil on medium heat and bring to a boil. Add rice and cilantro and stir to combine, bring back to a boil and cover. Cook until water is absorbed by rice, about 15-20 minutes. After rice is cooked stir in black beans.

Honey sriracha glaze

Mix ingredients together and set aside.

GO WILD™ North Atlantic Scallops

Heat a non-stick skillet with 1 Tbsp of vegetable oil. Cook scallops on first side until browned, about 3-4 minutes. Flip scallops and cook for another 3-4 minutes.

Roasted asparagus

Pre-heat oven to 400°. Drizzle asparagus with olive oil and season with salt and pepper. Place asparagus on a sheet pan and roast for 6-8 minutes or until asparagus starts to brown.

Place black bean cilantro rice on plate, place scallops and asparagus over rice and drizzle with honey sriracha glaze.