



PREP TIME : 5 MIN

COOK TIME : 12 MIN

SERVES : 4

Ingredients :

- **4 tsp (20 mL) canola oil**
- **1 bulb fennel, trimmed and cut lengthwise into thin slices**
- **2/3 cup (150 mL) VH[®] Teriyaki Cooking Sauce**
- **1 tbsp (15 mL) grated orange zest**
- **1 bunch (5 oz) baby spinach, trimmed**
- **1 lb (500 g) sea scallops, dried**
- **2 Blood Oranges, segmented**

Directions :

- 1. Heat half of oil in large non-stick skillet, set over medium-high heat. Add fennel; stir-fry for 2 minutes. Add 1/4 cup (60 mL) VH[®] Teriyaki Cooking Sauce and orange zest. Cook, stirring, until fennel is just tender, 2 to 3 minutes.**
- 2. Stir in spinach; cook, stirring, just until spinach wilts, about 1 minute. Transfer mixture to plate. Keep warm.**
- 3. Brush scallops with remaining VH[®] Teriyaki Cooking Sauce. Heat remaining oil in same skillet. Add scallops; cook for 3 minutes. Gently turn scallops over; cook until firm to the touch, 1 to 2 minutes.**
- 4. Divide fennel mixture among 4 plates. Top evenly with scallops. Pour any remaining juices over.**
- 5. Garnish plate with 2 to 3 orange segments.**



Scallops with Wilted Fennel & Spinach

TIP:

When buying sea scallops, look for an off white creamy colour and a fresh sea scent. Ask your local grocery store purveyor or fishmonger if they have dry scallops, which means the scallops that have not been treated with any preservatives.