



Savour the Season

Palm Heart Salad with Honey & Pan-fried Scallops

Ingredients

Whole Palm
1 teaspoon of honey
1 pinch of salt
1 pinch of pepper
10gm of spring onions
10gm of tomatoes
50gm of fresh coconut
400gm of scallops

Method

Peel the palm and reserve the palm heart (you may also use canned hearts of palm)
Thinly shred the palm heart in a large bowl, whisk with honey, spring onions, salt, pepper, olive oil and thinly shredded fresh coconut

Marinate the scallops, pan fry and season to taste before adding to the bowl
Toss with a bouquet of mesclun salad

SERVE & ENJOY

