

Pan-Seared Scallops with Sautéed Collard Greens and Creamy Polenta Topped with Yam Crisps

Serves: 4



Ingredients:

Polenta:

- 2 cups chicken broth (or water)
- ½ cup cornmeal or polenta
- ¼ cup heavy cream
- ¼ cup parmesan cheese
- 2 tbsp butter

Scallops:

- 2 tbsp oil
- 12 scallops
- Salt to taste
- Pepper to taste

Collard Greens:

- Bunch of collard greens
- 1 tbsp olive oil
- Salt to taste
- 2 cloves garlic, minced
- ¼ tsp red pepper flakes

Yam Crisps:

- 1 sweet potato
- Oil for frying
- Salt to taste
- Pepper to taste
- 1 lemon, cut into wedges

Directions:

1. To begin cooking the polenta, boil the broth (or water) with salt in a medium pot.
2. Slowly add the cornmeal, whisking constantly to avoid lumps.
3. Bring mixture down to low temperature and whisk until it just starts to thicken. Put a lid on the pot and continue cooking for 20 minutes, stirring occasionally.
4. Meanwhile, begin cooking the scallops by heating the oil in a nonstick skillet. Pat scallops as dry as possible. Sprinkle them with salt and pepper and add to the hot pan.
5. After 2-3 minutes, flip them over and sear for another 30 seconds to a minute. Remove from heat and set aside.

6. Once the polenta is creamy and individual grains are tender, turn off the heat and add parmesan cheese and butter. Stir to combine and cover to keep warm.
7. For the collard greens, cut the thick central ribs out of the collard greens and stack the leaves on top of one another. Starting at one end, roll them up into a cigar-like shape, then slice across the roll to make skinny rolls of collard strips. Use a sharp knife for this, and make your slices as thin as possible—ideally about 1/8-inch wide.
8. Warm a large, heavy-bottom skillet (cast iron is great) over medium-high heat. Add a generous drizzle of olive oil, then add the greens and some salt. Give the greens a good stir so they're all lightly shimmering from the oil and turning darker green.
9. Let the greens cook in 30-second intervals, stirring in between. Thanks to the hot oil in the pan, some of the collards will eventually develop crisp, browned edges—these taste so good!
10. Once you see a little browning action, add the garlic and red pepper flakes. Remove from heat.
11. For the yam crisps, peel skin from the yams. Continue using the peeler to peel thin yam strips. In a small pan, heat frying oil to 300°F. Add the yam strips and fry until there are no longer any bubbles.
12. Remove yam strips from oil and drain on a paper towel, then season with salt and pepper.
13. Begin plating by placing polenta first, topping with scallops. Place collard greens on the side.
14. Add the yam crisps as a garnish to the top of the plate. Serve with a wedge of lemon and enjoy!