

Pan-seared Vegan Scallop

Cauliflower Couscous, Pumpkin Puree, Curry Foam

Serving: 1-2 persons

Preparation time: 15 minutes

Ingredients:

250g White Radish (Boil and cut like scallop)
* Seared in hot pan till golden color both side

Raw Cauliflower Couscous

75g Grated Cauliflower
15g Fine dice Tomato (Deseeded)
10g Chopped Parsley
10ml extra virgin Olive oil
Lime juice
Salt
* Mix all together

Pumpkin Puree

100g Roasted Pumpkin
50ml Coconut milk
10ml Olive oil
Salt
* Blend all together

Coconut Curry sauce

25ml	Vegetable oil	½ tsp	Mustard seeds
50gm	Crusted Garlic & Ginger	02 cloves	Green cardamoms
1 medium	Onion sliced	½ tsp	Cumin seeds
1 tbsp	Curry powder	1 tsp	Fennel seed
1 tsp	Turmeric	1 tbsp	Coriander seed
1 tbsp	Cumin powder	01 small	Cinnamon stick
150ml	Coconut milk	Few	Fresh coriander root
1 medium	Fresh Tomato	To taste	Salt
25gm	Curry leaves		

Method

- * Heat the oil in a large pan over medium-high heat.
- * Crush mustard seed, cumin seed, coriander seed, fennel seed, cardamom, cinnamon stick, curry, rambha leaves, crusted ginger and garlic then add and onion, tomato, curry powder. Sauté over medium heat for few minutes.
- * Mix coconut milk, simmer for 5 minutes. Strain and adjust the seasoning. Use hand blender to create foam

Plating

- * Place the pumpkin puree (Hot), on that place the radish (Hot) and cauliflower couscous (Cold) and Curry foam