

# Seared Sea Scallops with Honey Lime Dressing



Super easy, sweet and zesty, our Lime & Sea Salt Honey is the secret ingredient in a perfect dinner for two. This recipe is incredibly simple and will quickly become a favorite.

## **Ingredients for the honey lime dressing**

5 tablespoons Lucky Lime & Sea Salt honey  
2 tablespoons white wine vinegar  
1/2 teaspoon cracked pepper

## **Ingredients for the scallops**

2 tablespoons grapeseed oil  
1 pound sea scallops  
1 small bunch of watercress  
1/2 cup chopped jicama  
1/2 red bell pepper, chopped  
1/4 teaspoon crushed red pepper flakes

## **Instructions**

For the dressing, stir ingredients together until incorporated thoroughly. For the scallops, rinse and pat scallops dry. Add grapeseed oil to frying pan and sprinkle crushed red pepper flakes evenly throughout the oil. Heat pan to medium-high. When pepper flakes begin to sizzle, add scallops to pan, careful not to crowd them. Cook 2 to 4 minutes per side. Scallops are ready when they are opaque and golden brown on each side. Arrange watercress, red bell pepper and jicama on a plate. Place scallops on top of vegetables and drizzle honey lime dressing over top.

Serves two.

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