

# THE LOOP

*Blanc*



*Fast & Satisfying*

## Seared Scallops with Creamy Polenta, Asparagus & Chunky Tomato-Olive Oil Sauce

Seared scallops over creamy polenta with asparagus and a chunky tomato-olive oil sauce - bright, silky, and beautifully matched with **The Loop** Sauvignon Blanc.



### INGREDIENTS

#### Scallops

- 8-10 large sea scallops
- Salt and black pepper
- 1 tbsp olive oil
- 1 tsp butter, optional, for finishing

#### Creamy Polenta

- 1/2 cup fine or medium polenta
- 2 cups water or light vegetable stock
- 1 tbsp olive oil or butter
- 2 tbsp grated parmesan, optional
- Salt

#### Chunky Tomato Sauce

- 1 1/2 cups cherry tomatoes, halved
- 1 small ripe tomato, diced, optional
- 2 tbsp olive oil
- 1 tsp lemon zest
- 1-2 tsp lemon juice
- 1 tbsp chopped parsley or basil
- Pinch of chili flakes, optional
- Salt and black pepper

#### Asparagus

- 8-10 asparagus spears, chopped small
- 1 tsp olive oil
- Pinch of salt



### METHOD

1. Make the polenta - Bring water or stock to a simmer. Slowly whisk in the polenta. Cook, stirring often, until soft and creamy, about 10-15 minutes. Stir in olive oil or butter, parmesan if using, and salt.
2. Cook the asparagus - Warm olive oil in a small pan. Add chopped asparagus and a pinch of salt. Cook for 2-3 minutes, just until bright green and tender-crisp. Set aside.
3. Make the tomato sauce - In the same pan, add olive oil and tomatoes. Cook gently for 3-5 minutes, just until the tomatoes soften but stay chunky. Add lemon zest, lemon juice, herbs, salt, pepper, and chili flakes if using. Keep warm.
4. Sear the scallops - Pat scallops very dry. Season with salt and pepper. Heat olive oil in a pan until hot. Sear scallops for 1-1/2-2 minutes per side, until golden outside and just opaque inside. Add a tiny bit of butter at the end if desired.
5. Plate - Spoon creamy polenta onto the plate. Add chopped asparagus over or around it. Place scallops on top. Spoon the chunky tomato-olive oil sauce over the scallops.



### *Pairing note*

Sweet seared scallops, creamy polenta, bright tomato, and green asparagus bring out The Loop's citrus lift, herbal edge, and mineral finish - light, elegant, and easy to love.

