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orange mandarin scallops with its roasted pumpkin cubes

Ingredients for 2 persons

10 scallops
2 organic oranges
3 mandarins
20g butter
4 tbsp PDO huile d'olive de Nyons
800g pumpkin
1 to 2 tsp Timut pepper
Espelette pepper PDO
1 garlic clove
Some coriander leaves
Salt, pepper



Preparation: 20 mins
Cooking: 30 mins

For the roasted pumpkin cubes:

Pre-heat the oven to 180-190°C (gas 6-7)

Peel the pumpkin. Remove the seeds, cut it into cubes of about 1cm.

Make the supremes (segments without peel) with an orange.

In a salad bowl, mix the pumpkin cubes, 2 tablespoons olive oil, the juice of 2 mandarins, the crushed garlic clove, salt, pepper and Espelette pepper. Place in a dish and bake in the oven for about 30 minutes.

Stir the pumpkin cubes halfway through cooking time.

5 minutes before the end of the cooking time, add half of the orange supremes cut into pieces like the pumpkin cubes (set the remaining supremes aside for the dressing).

Take some zest from the other orange. Squeeze the juice of 1/2 orange and of 1/2 mandarin. Crush the Timut pepper in a mortar.

In a frying pan, sauté 1 tablespoon olive oil and the juices. Bring to the simmer, while stirring from time to time, to reduce the sauce.

In the meantime, sauté the scallops with some butter and olive oil, 3 minutes on each side, add a little salt.

Presentation: place 2 tablespoons of pumpkin cubes with the orange supremes (some warm and some cold), the pan-fried scallops, add some citrus sauce and sprinkle with the crushed Timut pepper and zest. Garnish with some coriander leaves.

