



Gluten Free Fusion Recipe

Creole Mango Scallops Appetizer

Pan seared scallops with gluten free Creole Mango Sauce.



Ingredients: Serves 4
1 lb. Bay scallops
½ C. Cornstarch
½ C. **Spicy Mango Creole Sauce** (Gluten free Starport 121) or Coconut Curry (Gluten free Starport 123)
1 Tbsp. Cilantro, minced
2 Tbsp. Corn oil

Instructions:

1. Rinse bay scallops and drain off excess water.
2. Place scallops in a large bowl and toss with cornstarch.
3. Heat a skillet on medium high heat, add oil and place scallops in hot skillet in a single layer. Do not crowd the pan. Cook in batches if necessary.
4. Turn scallops every 2 minutes to sear all sides, cook 5-6 minutes and remove.
5. Heat **Spicy Mango Creole Sauce** in a large skillet, place cooked scallops and cilantro in skillet then toss and coat scallops, remove and serve.
6. Options: Garnish with diced colored peppers, green onions, mango and lemon wedges.