

SEAFOOD AND SPINACH Salad

4 servings

1 tbsp	PASTENE Extra Virgin Olive Oil	15 mL
12	sea scallops, cut in two	12
8	large shrimps, peeled and deveined	8
2	dry shallots, chopped	2
1 lb	spinach leaves	500 g
1 cup	pea shoots (or alfalfa sprouts)	250 mL
¼ cup	PASTENE Extra Virgin Olive Oil	60 mL
2 tbsp	PASTENE Balsamic Vinegar	30 mL
½ cup	PASTENE Roasted Peppers, cubed salt and pepper	125 mL

- Heat 1 tbsp/15 mL olive oil in a skillet over medium-high heat. Add scallops and shrimps and cook 2-3 minutes. Add shallots, turn scallops and shrimps, and cook another 2 minutes.
- Wash spinach leaves, discarding tough stems.
- In a salad bowl, combine spinach, pea shoots (or alfalfa sprouts), ¼ cup/60 mL of olive oil, vinegar and roasted pepper. Season to taste with salt and pepper and add scallops and shrimps. Serve immediately.

TOMATO AND BLACK OLIVE Salad

4-6 servings

8	ripe tomatoes	8
1	red onion, sliced	1
2 cups	PASTENE Ripe Olives	500 mL
1 cup	fresh basil, chopped	250 mL

Dressing

¼ cup	PASTENE Extra Virgin Olive Oil	60 mL
1½ tbsp	PASTENE Balsamic Vinegar	22 mL
½ tsp	sugar	2 mL
1 tbsp	grainy-style mustard	15 mL

- Quarter tomatoes; slice each quarter in half. In a bowl, toss tomatoes with onion, olives and basil.
- Combine dressing ingredients in a jar with a tight-fitting lid. Shake dressing vigorously and pour over tomatoes. Serve immediately.

