



Kickin' Honey Mango Scallops



 MOD Fiyah
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chef

ingredients

how-to



Abiodun Awogboro (DaWhoa) is a Chef/ Owner of MOD FIYAH with culinary roots from Nigeria, Mississippi, and Jamaica. Their offerings explore the globe, using ingredients that are fresh, locally sourced, natural, and organic.

Kickin' Honey Mango Scallops

<p>Ingredients for Scallops:</p> <ul style="list-style-type: none"> 4 Local Sea Scallops 1 Cup Fresh Mango (Diced) ½ Cup Sweet Onion (Diced) 1 Tsp Garlic (Chopped) 3 Dried Chiles (Chopped) 2 Tbs Local Raw Honey 2 Tbs Cilantro (Chopped) 	<ul style="list-style-type: none"> Canola Oil (Sliced and Roasted) Salt and Pepper to taste. <p>Ingredients for Spinach, black fig, and goat cheese salad:</p> <ul style="list-style-type: none"> 1.5 Cups Fresh Baby Spinach 4 Fresh Black Figs (halved) 3 Medium Baby Bella Mushrooms 	<ul style="list-style-type: none"> 1/4 Cup Local Organic Carrots (Shredded) 1/4 Cup Fresh Local Blueberries Vermont Goat Cheese (To Taste) 1/2 Fresh Picked Macintosh Apple (Sliced Thin) Kosher Salt Fresh Ground Black Pepper
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Preparing the Scallops: Combine mango, onion, garlic, dried chiles, and honey in a bowl. Mix well, and set aside.

Cover the bottom of a heavy frying pan with canola oil and heat. When the oil is hot, sear the scallops until golden brown on both sides.

Remove the scallops from the pan, and plate immediately. Top with mango mixture, garnish with chopped cilantro, and serve.

Preparing the Salad: Arrange all of the ingredients on a salad plate or shallow bowl, dress, and serve.