**Caramelised Scallops**

**with Ginger and Lime Mornay sauce**

Serve 4

12 scallops, coral removed

2 tbsp oil

100g (3 ½ oz) butter

1 lime juice

Coarse sea salt flakes

**ginger and lime mornay sauce**

200ml (7 fl oz) milk

30g (1 oz) butter

20g (1 oz) all purpose flour

50g (2 oz) grated cheddar

50ml (2 fl oz) heavy cream

salt and pepper

1 lime zest and juice

½ cm fresh ginger, finely chopped

**to serve ;**

200g (7 oz) potatoes, mashed and buttered

1 bunch micro-greens

1 lime zest

First prepare the Mornay sauce, melt the butter over a low heat in a heavy based saucepan. Sprinkle the flour into the butter and stir with a whisk. Cook gently for 30 seconds.

Slowly pour the milk onto the roux, and increase the heat to medium. Whisk continuously until it comes to the boil and add the seasoning. Cook for a further 4 -5 minutes then remove from the heat and stir in the grated cheese, lime zest and juice, fresh chopped ginger and the fresh cream until a creamy consistency is achieved. Season if required and keep warm.

Then, season the scallops with a little salt and cracked black pepper and drizzle with oil. In a very hot pan, sear quickly 1 minute on each side and as the scallops are reaching completion add the butter and allow this to caramelise the scallops. Remove from the heat and add a squeeze of lime juice.

On a serving plate, pipe a few hazelnut sizes of mashed potatoes, place a scallop in the centre of the plate then add some Mornay. Sprinkle with some micro-green and lime zest.

Serve immediately