

Broiled Sea Scallops & Grilled Chicken with Honey Mustard Sauce

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The Doc's Place

Nutritional Facts

Serving Size: 2
Calories - 915
Protein - 32
Fat - 37
Sodium- 513

Ingredients:

½ cup dijon mustard
½ cup honey
1 tsp soy sauce
1 tsp ground ginger
3 tsp heavy cream
1 tbsp minced garlic
Sea salt & pepper to taste
2 boneless chicken breasts
10 large scallops



Directions for Honey Mustard Sauce:

Mix dijon mustard, honey, soy sauce, ginger and heavy cream in bowl.

Directions for Broiled Sea Scallops:

Turn broiler on high heat. Clean the scallops and remove the feet. Place the scallops on a metal pan and add about ½ cup of white wine. Sprinkle the scallops with sea salt, fresh ground pepper and minced garlic. Place them under the broiler for about 3-6 minutes. When they have about a minute left, add the honey mustard sauce and let the sauce get hot. Scallops are ready when they feel spongy.

Directions for Grilled Chicken:

Turn the grill on high heat. Clean the chicken and remove any tendons. Rub the chicken breast lightly with oil and sprinkle with sea salt and fresh ground pepper. Place the chicken on the grill. Rub honey mustard on each side and grill for about 10 minutes.