

# Swordfish and Scallops with Creamed Purple Cauliflower

## Ingredients:

- 1 small head purple cauliflower, chopped
- 2 Tbs half and half
- 5 Tbs butter, divided
- 2 tsp. grated parmesan
- salt and pepper to taste
- 1/4 tsp. onion powder
- 1/4 tsp. garlic powder
- 1 lb. fresh boneless swordfish
- pinch of salt and pepper
- 2 sprigs of thyme
- lemon zest from one lemon
- 1/2 lb. fresh scallops
- basil, tarragon, or parsley for garnish

Rinse cauliflower, chop, and place in a microwavable-safe bowl. Add 2 tsp. water and microwave, covered, for 5 minutes. Remove, let cool slightly, and transfer to a food processor. Add half and half, 1 tablespoon of butter, parmesan, salt and pepper, onion powder, and garlic powder. Process until smooth. Set aside. (You can quickly reheat if it cools off too much).

In a skillet over medium-high heat, add 3 tablespoons of butter. Sprinkle swordfish with salt and pepper. Once butter starts sizzling and the pan is very hot, add swordfish and thyme sprigs and sear on each side for 2 to 3 minutes, while continually spooning the melted butter on top of the swordfish while it's searing. Remove from skillet to a plate and sprinkle with lemon zest.

In the same skillet, add last tablespoon of butter. Rinse scallops and pat dry. Sprinkle scallops with salt and pepper. Once butter starts sizzling, add scallops to skillet and sear for 1 minute on each side. Remove to a plate.

Plate your beautiful entree' with the creamed cauliflower, then swordfish, and then scallops. Garnish with parsley, basil, or tarragon. Enjoy!!

This delicious recipe can be found on the website *Points In My Life*  
([www.pointsinmylife.com](http://www.pointsinmylife.com))

***"Until further notice, celebrate everything." - Anonymous***