



Baked Scallops and Seared Tournedos with Artichoke Hearts and Asparagus Tips

READY IN



30 min.

SERVINGS



2

CALORIES



939 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce artichoke hearts drained quartered canned
- ☐ 1 pound asparagus spears thin
- ☐ 2 slices slicing bread white toasted
- ☐ 0.5 cup bread crumbs italian
- ☐ 1 tablespoon butter
- ☐ 2 tablespoons butter melted
- ☐ 2 servings drizzle oil extra-virgin
- ☐ 2 servings coarse salt and cracked pepper black

- ☐ 2 servings ice fresh for garnish
- ☐ 1 handful flat leaf parsley leaves chopped
- ☐ 2 sprigs tarragon fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 0.3 juice of lemon juiced
- ☐ 1 cup madeira wine
- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 2 servings drizzle olive oil
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 servings salt and pepper
- ☐ 8 large sea scallops trimmed
- ☐ 1 shallots chopped
- ☐ 2 servings buttered toast
- ☐ 2 tournedos fillet of beef steaks, each 1 to 1 1/2
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Equipment

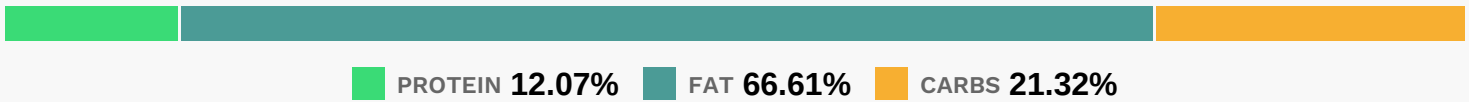
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ casserole dish
- ☐ grill
- ☐ stove

Directions

- ☐ Preheat oven to 425 degrees F.
- ☐ Toss scallops with melted butter, garlic, shallots, nutmeg, salt, and pepper in a medium bowl.
- ☐ Transfer to shallow casserole dish.

- ☐ Combine extra-virgin olive oil and bread crumbs. Scatter bread crumbs over scallops and place in the casserole.
- ☐ Bake scallops 10 to 12 minutes or until bread crumbs are deep golden and scallops are opaque.
- ☐ Heat a small skillet over medium to medium high heat. Coat pan with oil and butter and add room temperature fillet of beef steaks. Meat will sear in hot pan. Cook beef 4 minutes on each side for medium. Season meat with grill seasoning or coarse salt and pepper once meat is fully cooked so the salt will not draw out juices prematurely.
- ☐ Let meat rest 5 minutes for juices to redistribute. Return pan to heat and deglaze, using liquid to combine any pan drippings.
- ☐ Add Madeira, reduce by half, and add tarragon to the pan. Set aside.
- ☐ Steam asparagus tips in 1/4 inch boiling water for 3 minutes and drain. Return tips to warm pan and combine with drained artichoke hearts, olive oil, lemon juice, salt and pepper.
- ☐ Heat mixture through and remove from stove.
- ☐ To serve, place steaks on buttered toast and drizzle with Madeira sauce. Gently transfer 4 baked scallops to platters and finish plates with lemon dressed artichoke hearts and asparagus tips. Edible flowers make a delicate, colorful garnish.

Nutrition Facts



Properties

Glycemic Index:218.83, Glycemic Load:10.37, Inflammation Score:-10, Nutrition Score:34.690434787584%

Flavonoids

Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg Kaempferol: 3.2mg, Kaempferol: 3.2mg, Kaempferol: 3.2mg, Kaempferol: 3.2mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 31.83mg, Quercetin: 31.83mg, Quercetin: 31.83mg, Quercetin: 31.83mg

Nutrients (% of daily need)

Calories: 938.57kcal (46.93%), Fat: 63.96g (98.4%), Saturated Fat: 17.59g (109.93%), Carbohydrates: 46.07g (15.36%), Net Carbohydrates: 35.9g (13.06%), Sugar: 12.08g (13.42%), Cholesterol: 73.96mg (24.65%), Sodium: 1958mg (85.13%), Alcohol: 12.36g (100%), Alcohol %: 1.95% (100%), Protein: 26.07g (52.14%), Vitamin K: 157.49µg (149.99%), Vitamin E: 9.62mg (64.1%), Phosphorus: 605.95mg (60.59%), Manganese: 1.12mg (55.75%), Vitamin A: 2516.73IU (50.33%), Folate: 182.6µg (45.65%), Iron: 7.97mg (44.3%), Selenium: 29.96µg (42.8%), Fiber: 10.17g (40.67%), Vitamin B1: 0.49mg (32.75%), Vitamin B12: 1.73µg (28.8%), Vitamin B2: 0.48mg (28.19%), Potassium: 982.44mg (28.07%), Copper: 0.54mg (27.19%), Vitamin B3: 5.38mg (26.92%), Vitamin B6: 0.52mg (25.94%), Vitamin C: 20.09mg (24.35%), Magnesium: 95.75mg (23.94%), Zinc: 2.98mg (19.89%), Calcium: 150.85mg (15.09%), Vitamin B5: 1.26mg (12.56%)