



Coriander Crusted Grilled Sea Scallops with Chickpea Salad, Red Pepper Vinaigrette and Cilantro Oil



Gluten Free



Dairy Free

READY IN



105 min.

SERVINGS



4

CALORIES



570 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup canola oil
- ☐ 1 teaspoon cayenne pepper
- ☐ 0.3 cup chives finely chopped
- ☐ 2 tablespoons chives
- ☐ 4 servings cilantro sprigs
- ☐ 1 cup cilantro leaves

- ☐ 0.5 cup coriander seed toasted and ground
- ☐ 2 tablespoons cumin seeds toasted and ground
- ☐ 0.5 cup olive oil extra virgin
- ☐ 0.3 cup flat parsley finely chopped
- ☐ 1 teaspoon ground cumin
- ☐ 1 tablespoon honey
- ☐ 1 tablespoon kosher salt
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.8 cup olive oil
- ☐ 4 servings olive oil
- ☐ 2 tablespoons onion red chopped
- ☐ 0.5 cup pepper red
- ☐ 8 8 red peppers red juiced
- ☐ 1 pinch saffron threads
- ☐ 4 servings salt and pepper freshly ground
- ☐ 16 large sea scallops
- ☐ 2 serrano peppers julienned peeled seeded
- ☐ 0.3 cup sherry vinegar
- ☐ 0.3 cup spinach leaves
- ☐ 0.5 cup pepper yellow
- ☐ 2 cups if using drained and rinsed canned cooked
- ☐ 2 cups if using drained and rinsed canned cooked

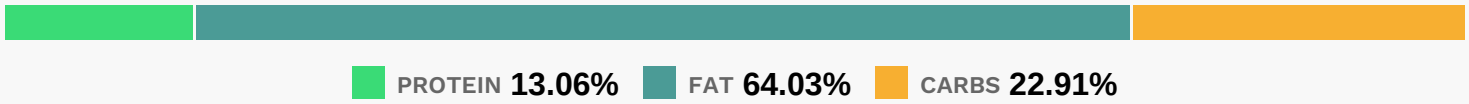
Equipment

- ☐ bowl
- ☐ sieve
- ☐ blender
- ☐ grill
- ☐ cheesecloth

Directions

- ☐ Heat the grill to medium-high heat.
- ☐ Combine the ground coriander, cumin and salt in a medium bowl.
- ☐ Brush the scallops with olive oil and dredge on one side only. Grill scallops, spice side down for 2 minutes or until golden brown, turn over and continue grilling for 1 to 2 minutes until just cooked through.
- ☐ Place chickpea salad in the center of the plate, top with 4 scallops per person.
- ☐ Pour vinaigrette around the plate and drizzle with cilantro oil.
- ☐ Garnish with fresh cilantro.
- ☐ Combine all ingredients in a medium bowl and season with salt and pepper to taste.
- ☐ Let sit at room temperature at least 30 minutes before serving.
- ☐ Heat juice of peppers with honey, saffron, onion, and vinegar until reduced by half or to a thickened consistency.
- ☐ Place in a blender and slowly add the oil until emulsified. Season with salt and pepper to taste.
- ☐ Place in a squeeze bottle
- ☐ Blend all ingredients in a blender for about 4 to 5 minutes or, until smooth.
- ☐ Place in a strainer lined with cheesecloth, set over a medium bowl and let the oil slowly drip, do not push through.
- ☐ Place oil in a squeeze bottle.

Nutrition Facts



Properties

Glycemic Index:118.32, Glycemic Load:5.79, Inflammation Score:-10, Nutrition Score:37.145217273546%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 8.15mg, Apigenin: 8.15mg, Apigenin: 8.15mg, Apigenin: 8.15mg Luteolin: 2.04mg,

Luteolin: 2.04mg, Luteolin: 2.04mg, Luteolin: 2.04mg Isorhamnetin: 0.52mg, Isorhamnetin: 0.52mg, Isorhamnetin: 0.52mg, Isorhamnetin: 0.52mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 4.78mg, Quercetin: 4.78mg, Quercetin: 4.78mg, Quercetin: 4.78mg

Nutrients (% of daily need)

Calories: 570.25kcal (28.51%), Fat: 42.88g (65.97%), Saturated Fat: 5.12g (32.01%), Carbohydrates: 34.52g (11.51%), Net Carbohydrates: 23.64g (8.6%), Sugar: 16.08g (17.87%), Cholesterol: 28.8mg (9.6%), Sodium: 2436.68mg (105.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.69g (39.37%), Vitamin C: 382.08mg (463.13%), Vitamin A: 9299.98IU (186%), Vitamin K: 129.87µg (123.68%), Vitamin E: 10.46mg (69.75%), Phosphorus: 544.51mg (54.45%), Vitamin B6: 0.94mg (47.07%), Fiber: 10.88g (43.53%), Folate: 163.86µg (40.96%), Manganese: 0.74mg (36.75%), Iron: 6.37mg (35.38%), Potassium: 1132.36mg (32.35%), Magnesium: 114.96mg (28.74%), Vitamin B12: 1.69µg (28.2%), Selenium: 18.71µg (26.73%), Vitamin B3: 4.14mg (20.72%), Vitamin B2: 0.31mg (18.38%), Zinc: 2.55mg (17.02%), Calcium: 149.99mg (15%), Vitamin B1: 0.22mg (14.52%), Copper: 0.26mg (12.88%), Vitamin B5: 1.19mg (11.91%)