



Curried Scallops with Tomatoes

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons curry powder to taste
- ☐ 0.5 cup cilantro leaves dried fresh washed chopped
- ☐ 1 juice of lime
- ☐ 4 servings pepper black freshly ground
- ☐ 1.5 pounds scallops
- ☐ 3 medium tomatoes ripe
- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 cup cup heavy whipping cream sour

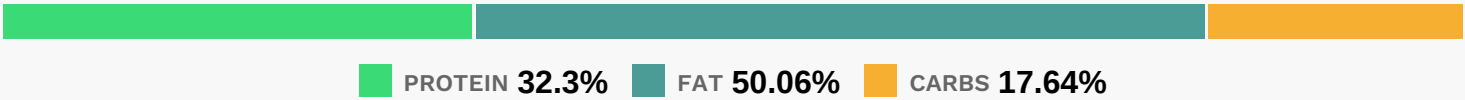
Equipment

- ☐ frying pan

Directions

- ☐ Core the tomatoes (cut a cone-shaped wedge out of the stem end), then cut them in half horizontally. Gently squeeze out the liquid and shake out most of their seeds. Chop their flesh into 1/2-inch pieces and set aside.
- ☐ Heat a 12-inch nonstick skillet over medium heat for about 3 minutes. While it is heating, sprinkle the scallops with salt and pepper and spread the curry powder on a plate.
- ☐ Add the oil, then quickly dredge the scallops lightly in the curry powder and add them to the pan. About 2 minutes after you added the first scallop, turn it—;it should be nicely browned (if it is not, raise the heat a bit). When the scallops are all browned and turned, cook for another minute, then add the tomatoes and the cream if you're using it (if you are using yogurt, lower the heat immediately; it must not boil).
- ☐ Heat the tomatoes through, then taste and add more salt and pepper if necessary.
- ☐ Sprinkle with the lime juice, stir in the cilantro, and serve.
- ☐ Keys To Success
- ☐ SINCE YOU'RE USING a large quantity of curry powder here, it should not be super-hot. (This is obviously a matter of taste, but I prefer a mild, sweet curry.) The powder itself must be fairly fine; if it is too coarse, the resulting crust will be gritty rather than crisp.
- ☐ DREDGE THE SCALLOPS lightly in the curry, not as heavily as you would in flour.
- ☐ KEEP THE SCALLOPS rare; they're at their best that way, and perfectly safe, as long as they're fresh.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ and the classic bestseller *How to Cook Everything*, which has sold more than one million copies. He is also the coauthor, with Jean-Georges Vongerichten, of *Simple to Spectacular* and *Jean-Georges: Cooking at Home with a Four-Star Chef*. Mr. Bittman is a prolific writer, makes frequent appearances on radio and television, and is the host of *The Best Recipes in the World*, a 13-part series on public television. He lives in New York and Connecticut.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:1, Inflammation Score:-8, Nutrition Score:15.78130450456%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 277.51kcal (13.88%), Fat: 15.59g (23.99%), Saturated Fat: 7.67g (47.96%), Carbohydrates: 12.36g (4.12%), Net Carbohydrates: 10.14g (3.69%), Sugar: 3.52g (3.91%), Cholesterol: 74.44mg (24.81%), Sodium: 682.08mg (29.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.63g (45.27%), Phosphorus: 620.16mg (62.02%), Vitamin B12: 2.45µg (40.77%), Selenium: 23.21µg (33.15%), Vitamin A: 1379.71IU (27.59%), Vitamin K: 23.9µg (22.76%), Vitamin C: 15.95mg (19.33%), Potassium: 662.41mg (18.93%), Magnesium: 58.56mg (14.64%), Manganese: 0.29mg (14.28%), Zinc: 1.91mg (12.77%), Vitamin B6: 0.25mg (12.45%), Folate: 48.87µg (12.22%), Vitamin E: 1.78mg (11.85%), Iron: 1.87mg (10.36%), Vitamin B3: 1.9mg (9.5%), Fiber: 2.21g (8.86%), Vitamin B2: 0.11mg (6.59%), Copper: 0.13mg (6.46%), Calcium: 56.24mg (5.62%), Vitamin B5: 0.55mg (5.46%), Vitamin B1: 0.06mg (4.19%), Vitamin D: 0.48µg (3.17%)