



Fettuccine with seared scallops & prosciutto



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



2

CALORIES



477 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 scallops with corals
- ☐ 6 slices pancetta halved
- ☐ 175 g eggs fresh
- ☐ 3 tbsp olive oil extra virgin for drizzling
- ☐ 4 garlic clove finely chopped
- ☐ 0.3 tsp thyme leaves
- ☐ 1 lemon zest
- ☐ 4 tbsp mirin dry white (we used Noilly Prat)

☐ 1 handful parsley good chopped

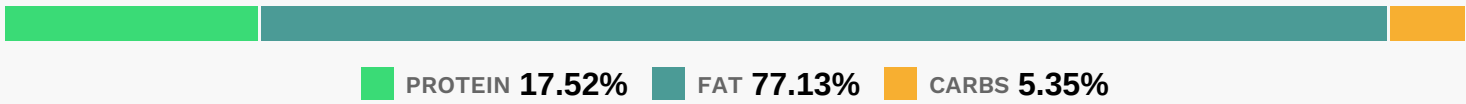
Equipment

☐ frying pan

Directions

- ☐ Cut the orange corals from the scallops and finely chop them. Halve the white scallops to make 2 fat pieces and roll them up in the strips of prosciutto.
- ☐ Cook the pasta in salted water following pack instructions it should only take about 4 mins. Meanwhile, heat the oil in a large, deep saut pan and sear the scallops for 1–2 mins, to brown the prosciutto and lightly cook the scallop inside. Lift from the pan onto a warm plate and leave to rest.
- ☐ Add the garlic to the pan juices and fry, stirring, until golden. Tip in the chopped corals and thyme, and stir-fry for a few mins more.
- ☐ Add the lemon zest, juice and vermouth, let it bubble down to at least half, then toss in the parsley.
- ☐ Drain the pasta and add to the pan with salt and plenty of black pepper, then toss to make sure the strands are well coated.
- ☐ Add the prosciutto-wrapped scallops and serve drizzled with a little extra oil, if you like.

Nutrition Facts



Properties

Glycemic Index:53.5, Glycemic Load:0.58, Inflammation Score:-5, Nutrition Score:16.176521819571%

Flavonoids

Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 477.07kcal (23.85%), Fat: 39.12g (60.19%), Saturated Fat: 8.9g (55.59%), Carbohydrates: 6.11g (2.04%), Net Carbohydrates: 5.58g (2.03%), Sugar: 0.53g (0.58%), Cholesterol: 352.14mg (117.38%), Sodium: 462.28mg (20.1%), Alcohol: 2.85g (100%), Alcohol %: 1.65% (100%), Protein: 19.99g (39.99%), Selenium: 38.32µg (54.74%), Vitamin K: 45.81µg (43.63%), Phosphorus: 368.92mg (36.89%), Vitamin E: 4.07mg (27.15%), Vitamin B2: 0.44mg (25.74%), Vitamin B12: 1.53µg (25.55%), Vitamin B6: 0.33mg (16.36%), Vitamin B5: 1.63mg (16.25%), Vitamin A: 658IU (13.16%), Folate: 51.98µg (12.99%), Zinc: 1.92mg (12.81%), Vitamin D: 1.85µg (12.31%), Iron: 2.19mg (12.14%), Vitamin C: 8.56mg (10.38%), Potassium: 301.28mg (8.61%), Vitamin B1: 0.12mg (8%), Vitamin B3: 1.43mg (7.15%), Calcium: 71.15mg (7.12%), Manganese: 0.14mg (7%), Magnesium: 26.39mg (6.6%), Copper: 0.11mg (5.38%), Fiber: 0.52g (2.1%)