



Linguine with Shrimp and Scallops in Thai Green Curry Sauce

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



794 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.5 tablespoons fish sauce
- 0.3 cup chicken broth
- 0.5 cup cilantro leaves fresh chopped
- 1 tablespoon brown sugar light packed
- 1 tablespoon juice of lime fresh
- 12 oz pasta dried thin
- 4 inch to 5 chillies fresh red hot thinly sliced

- 3 spring onion white green thinly sliced
- 1 lb scallops
- 0.8 lb shrimp shelled deveined
- 1 tablespoon curry paste green
- 14 oz coconut milk unsweetened canned
- 2.5 tablespoons vegetable oil

Equipment

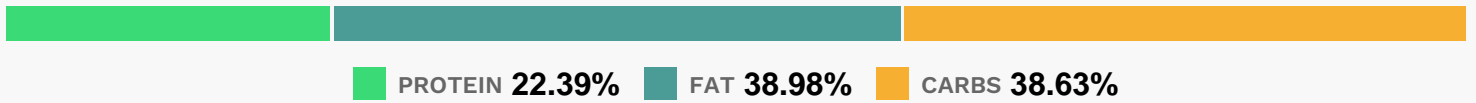
- bowl
- frying pan
- paper towels
- pot
- slotted spoon
- colander

Directions

- Heat 1 tablespoon oil in a 12-inch nonstick skillet over moderately high heat until hot but not smoking, then sauté chile and white parts of scallions, stirring occasionally, until lightly browned.
- Transfer with a slotted spoon to paper towels to drain.
- Pat scallops and shrimp dry separately and season with salt.
- Heat remaining 1 1/2 tablespoons oil in same skillet over moderately high heat until hot but not smoking, then cook scallops until browned, 2 to 3 minutes on each side (scallops will be almost cooked through).
- Transfer scallops to a bowl with slotted spoon and sauté shrimp in same skillet, stirring occasionally, until almost cooked through, about 3 minutes.
- Add shrimp to scallops.
- Add coconut milk, curry paste, broth, brown sugar, fish sauce, and lime juice to skillet, then simmer, stirring occasionally, 5 minutes.

- Meanwhile, cook linguine in a 6- to 8-quart pot of boiling salted water until al dente, then drain in a colander.
- Stir scallops and shrimp with any liquid in bowl into sauce in skillet and heat to boiling. Reduce heat and simmer until scallops and shrimp are just cooked through, about 2 minutes.
- Transfer seafood to a clean bowl with slotted spoon and add linguine and cilantro to sauce in skillet, tossing to coat.
- Divide pasta and sauce among 4 bowls. Top with seafood and sprinkle with scallion greens and chile mixture.

Nutrition Facts



Properties

Glycemic Index:37.75, Glycemic Load:25.75, Inflammation Score:-8, Nutrition Score:27.658695718516%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 793.67kcal (39.68%), Fat: 34.74g (53.44%), Saturated Fat: 22.82g (142.64%), Carbohydrates: 77.47g (25.82%), Net Carbohydrates: 72.08g (26.21%), Sugar: 9.5g (10.55%), Cholesterol: 164.44mg (54.81%), Sodium: 1153.65mg (50.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.9g (89.8%), Selenium: 75.21µg (107.45%), Manganese: 1.79mg (89.44%), Phosphorus: 827.81mg (82.78%), Copper: 0.89mg (44.58%), Vitamin K: 41.02µg (39.07%), Magnesium: 151.94mg (37.98%), Potassium: 981.51mg (28.04%), Zinc: 4.11mg (27.43%), Vitamin B12: 1.63µg (27.24%), Iron: 3.99mg (22.15%), Fiber: 5.39g (21.55%), Vitamin A: 845.88IU (16.92%), Vitamin B3: 3.29mg (16.47%), Folate: 60.76µg (15.19%), Vitamin B6: 0.29mg (14.35%), Vitamin C: 10.13mg (12.28%), Calcium: 114.9mg (11.49%), Vitamin B5: 0.83mg (8.33%), Vitamin B1: 0.12mg (8.22%), Vitamin E: 1.07mg (7.13%), Vitamin B2: 0.09mg (5.51%)