



Platter of Roasted Shellfish with Trio of Sauces



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings cilantro leaves
- ☐ 2 pounds surimi crab sticks cooked
- ☐ 6 servings grape tomatoes
- ☐ 12 ounces shrimp deveined uncooked peeled
- ☐ 0.5 teaspoon lemon zest finely grated
- ☐ 6 servings lemon wedges
- ☐ 3 large lobster tail pieces frozen thawed uncooked

- ☐ 8 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 6 servings parsley fresh italian
- ☐ 2 tablespoons parsley fresh italian minced
- ☐ 6 servings saffron threads
- ☐ 6 large scallops
- ☐ 0.3 cup shallots minced
- ☐ 3 tablespoons water

Equipment

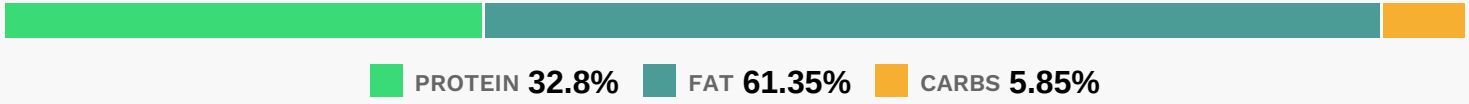
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 450°F.
- ☐ Brush 2 large roasting pans with 1 tablespoon olive oil each.
- ☐ Mix shallots, minced parsley, and lemon peel in small bowl. Arrange lobster tails, cut side up, in 1 roasting pan; brush with 2 tablespoons olive oil.
- ☐ Sprinkle with salt and pepper, then 2 tablespoons shallot mixture. Roast until just opaque in center, about 15 minutes.
- ☐ Meanwhile, combine shrimp, scallops, 2 tablespoons olive oil, and 2 tablespoons shallot mixture in medium bowl; sprinkle with salt and pepper and toss gently to coat. Arrange in single layer in second prepared roasting pan. Roast alongside lobster until shrimp and scallops are just opaque in center, about 5 minutes for shrimp and 7 minutes for scallops.
- ☐ Transfer lobster to large platter; cover with foil. Arrange crab legs in lobster roasting pan; drizzle with remaining 2 tablespoons olive oil, sprinkle with remaining shallot mixture, then drizzle with 3 tablespoons water. Roast just until heated through, about 5 minutes.
- ☐ Arrange shrimp, scallops, and crab legs on platter with lobster.

- ☐
- Pour any pan drippings over shellfish.
- ☐
- Garnish with lemon wedges and parsley sprigs.
- ☐
- Serve with Lemongrass and Cilantro Sauce; Saffron Mayonnaise; and Roasted Grape Tomato, Orange, and Basil Relish.

Nutrition Facts



Properties

Glycemic Index:43.25, Glycemic Load:0.91, Inflammation Score:-6, Nutrition Score:23.040000039598%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 11.51mg, Apigenin: 11.51mg, Apigenin: 11.51mg, Apigenin: 11.51mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 2.14mg, Kaempferol: 2.14mg, Kaempferol: 2.14mg, Kaempferol: 2.14mg Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 294.77kcal (14.74%), Fat: 19.97g (30.72%), Saturated Fat: 2.8g (17.48%), Carbohydrates: 4.28g (1.43%), Net Carbohydrates: 3.69g (1.34%), Sugar: 0.88g (0.98%), Cholesterol: 134.7mg (44.9%), Sodium: 894.88mg (38.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.02g (48.04%), Vitamin K: 99.34µg (94.61%), Vitamin B12: 4.85µg (80.83%), Selenium: 54.69µg (78.13%), Copper: 0.91mg (45.39%), Phosphorus: 384.26mg (38.43%), Zinc: 4.3mg (28.67%), Vitamin E: 3.77mg (25.1%), Manganese: 0.38mg (18.79%), Vitamin C: 12.24mg (14.84%), Magnesium: 57.31mg (14.33%), Vitamin B6: 0.25mg (12.69%), Folate: 48.1µg (12.03%), Vitamin A: 583.65IU (11.67%), Vitamin B3: 2.25mg (11.26%), Potassium: 350.4mg (10.01%), Calcium: 89.56mg (8.96%), Vitamin B5: 0.88mg (8.85%), Iron: 1.21mg (6.75%), Vitamin B1: 0.05mg (3.24%), Vitamin B2: 0.04mg (2.6%), Fiber: 0.59g (2.36%)