



Salmon and Scallop Skewers With Romesco Sauce

 **Gluten Free**  **Dairy Free**

READY IN



26 min.

SERVINGS



4

CALORIES



298 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon blanched almonds and coarsely chopped (8-9 almonds)
- 0.5 cup cherry tomatoes
- 2 garlic cloves coarsely chopped
- 4 servings romesco sauce
- 0.3 teaspoon kosher salt
- 3 tablespoons juice of lime fresh

- 2 tablespoons olive oil extra-virgin
- 2 tablespoons olive oil extra-virgin for brushing grill
- 1 poblano chile cut into 1-inch chunks
- 1 bell pepper red cut into 1-inch chunks
- 1 onion red cut into 1-inch chunks
- 0.8 cup bottled roasted bell peppers red drained chopped
- 8 ounce salmon fillet cut into 8 equal pieces
- 8 ounces sea scallops (8 scallops)
- 1 tablespoon sherry vinegar
- 8 inch wooden skewers for at least 1 hour
- 8 inch wooden skewers for at least 1 hour

Equipment

- paper towels
- blender
- baking pan
- wooden spoon
- grill
- skewers
- grill pan

Directions

- Preheat grill or grill pan.
- In a baking dish, combine first 4 ingredients (through lime juice).
- Add salmon and scallops to dish, and stir with a wooden spoon to coat all pieces. Cover and refrigerate for 10 minutes.
- For the Romesco Sauce, process the almonds and garlic in a blender until coarsely chopped.
- Add the roasted red bell peppers, cherry tomatoes, olive oil, 1 teaspoon hot water, and sherry vinegar, blending until smooth and scraping down the sides, if necessary. Season with the salt

and pepper, and set aside.

- Remove the salmon and scallops from the marinade, and discard liquid. Pat dry each scallop and chunk of fish with paper towels. (This will let the outside get crisp.)
- Thread each wooden skewer lengthwise with scallops, salmon, onion, red bell pepper, and poblano chile pieces.
- Lightly brush grill rack or grill pan with oil. Cook skewers over indirect heat 23 minutes, then turn gently so that the fish doesn't break and fall into the fire. (Using a vegetable or fish basket makes it easier.) Continue to cook 2 minutes more or until salmon feels firm to the touch and scallops show light grill marks.
- Remove skewers from grill or grill pan.
- Arrange 2 skewers on each plate, and spoon the Romesco Sauce over them, or pile the skewers on a serving platter and serve the Romesco Sauce on the side.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:1.18, Inflammation Score:-8, Nutrition Score:21.511304337045%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.61mg, Luteolin: 1.61mg, Luteolin: 1.61mg, Luteolin: 1.61mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.52mg, Quercetin: 6.52mg, Quercetin: 6.52mg, Quercetin: 6.52mg

Nutrients (% of daily need)

Calories: 298.2kcal (14.91%), Fat: 19.47g (29.96%), Saturated Fat: 2.72g (17.03%), Carbohydrates: 11.6g (3.87%), Net Carbohydrates: 9.2g (3.35%), Sugar: 4.15g (4.61%), Cholesterol: 44.79mg (14.93%), Sodium: 770.7mg (33.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.03g (40.06%), Vitamin C: 84.35mg (102.24%), Vitamin B12: 2.6µg (43.37%), Selenium: 28.6µg (40.86%), Vitamin B6: 0.78mg (38.95%), Phosphorus: 351.29mg (35.13%), Vitamin B3: 5.68mg (28.4%), Vitamin A: 1300.67IU (26.01%), Vitamin E: 3.33mg (22.18%), Potassium: 666.92mg (19.05%), Vitamin B2: 0.3mg (17.55%), Manganese: 0.28mg (13.82%), Copper: 0.27mg (13.68%), Folate: 54.17µg

(13.54%), Vitamin B1: 0.2mg (13.45%), Vitamin B5: 1.29mg (12.89%), Magnesium: 51.12mg (12.78%), Vitamin K: 13.02µg (12.4%), Fiber: 2.4g (9.6%), Iron: 1.52mg (8.44%), Zinc: 1.22mg (8.1%), Calcium: 45.6mg (4.56%)