



Sautéed Sea Scallops with Apple-Sesame Couscous and Purple and Yellow Cauliflower Purées

READY IN



45 min.

SERVINGS



4

CALORIES



653 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon sesame seeds black toasted
- ☐ 1 head cauliflower yellow cut into 1-inch pieces
- ☐ 1 cup couscous
- ☐ 0.3 cup curry powder
- ☐ 1 apple diced green cored peeled
- ☐ 1 cup heavy whipping cream
- ☐ 3 lime cut into wedges

- ☐ 2 cups chicken broth low-sodium
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup sea salt fine
- ☐ 1 pound scallops
- ☐ 1 tablespoon butter unsalted
- ☐ 0.5 cup wakame seaweed

Equipment

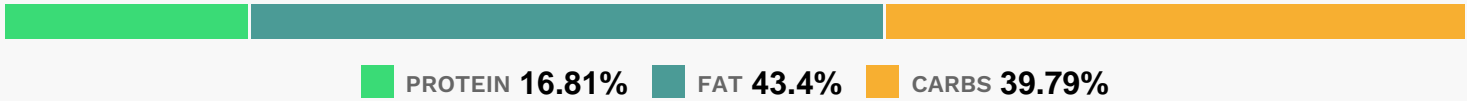
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ blender

Directions

- ☐ In a large saucepan over moderate heat, combine the purple cauliflower, cream, and butter and slowly bring to a simmer. Continue to simmer until the cauliflower is soft.
- ☐ Transfer the cauliflower to a food processor or blender, reserving the cooking liquid, and process, adding the cooking liquid as necessary, until completely smooth. Discard any leftover cooking liquid. With the food processor or blender on low, slowly drizzle in the oil, blending until smooth. Season with salt and keep warm.
- ☐ In a large saucepan over moderate heat, combine the yellow cauliflower, cream, and butter and slowly bring to a simmer. Continue to simmer until the cauliflower is soft.
- ☐ Transfer the cauliflower to a food processor or blender, reserving the cooking liquid, and process, adding the cooking liquid as necessary, until completely smooth. Discard any leftover cooking liquid. With the food processor or blender on low, slowly drizzle in the oil, blending until smooth. Season with salt and keep warm.
- ☐ In a medium saucepan, bring the chicken stock to a boil.
- ☐ Remove from the heat then add the couscous, stir, cover, and let sit for 5 minutes. Using a fork, fluff the couscous then fold in the apple and sesame seeds. Cover and keep warm.
- ☐ In a small bowl, stir together the salt and curry powder.

- ☐ In a large skillet over moderately high heat, warm the oil until hot but not smoking. Sear the scallops, flipping once, until deep golden brown on both sides and just cooked through, about 2 minutes per side.
- ☐ Cut each scallop in half horizontally and season with the curry salt.
- ☐ Divide the purple and yellow cauliflower purées among 4 plates. Arrange a scoop of couscous on 1 side of each plate. Arrange 6 scallops halves on the other side of each plate.
- ☐ Garnish with the lime wedges and wakame seaweed, if desired.
- ☐ From Master
- ☐ Chef, (C) © 2013 FOX

Nutrition Facts



Properties

Glycemic Index:50.25, Glycemic Load:24.89, Inflammation Score:-9, Nutrition Score:33.441739165265%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Hesperetin: 21.61mg, Hesperetin: 21.61mg, Hesperetin: 21.61mg, Hesperetin: 21.61mg Naringenin: 1.71mg, Naringenin: 1.71mg, Naringenin: 1.71mg, Naringenin: 1.71mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 652.55kcal (32.63%), Fat: 32.98g (50.74%), Saturated Fat: 17.05g (106.59%), Carbohydrates: 68.03g (22.68%), Net Carbohydrates: 55.34g (20.12%), Sugar: 10.64g (11.82%), Cholesterol: 101.98mg (33.99%), Sodium: 14705.38mg (639.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.75g (57.5%), Vitamin C: 88.06mg (106.75%), Phosphorus: 665.01mg (66.5%), Manganese: 1.33mg (66.44%), Fiber: 12.68g (50.74%), Vitamin K: 42.63µg (40.6%), Iron: 6.99mg (38.81%), Folate: 142.54µg (35.63%), Potassium: 1233.65mg (35.25%), Vitamin B6: 0.65mg (32.69%), Vitamin E: 4.7mg (31.35%), Magnesium: 121.86mg (30.46%), Vitamin B12: 1.82µg (30.3%), Selenium: 20.66µg (29.51%), Vitamin B3: 5.45mg (27.23%), Copper: 0.52mg (25.8%), Vitamin A: 1163.44IU (23.27%), Calcium: 212.86mg (21.29%), Vitamin B2: 0.36mg (20.9%), Vitamin B5: 2.04mg (20.38%), Zinc: 2.91mg (19.39%),

Vitamin B1: 0.24mg (15.92%), Vitamin D: 1µg (6.7%)