



Scallop & apple salad with hazelnut dressing

 Gluten Free

READY IN



35 min.

SERVINGS



2

CALORIES



333 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 eating apple green crisp
- ☐ 0.5 juice of lemon
- ☐ 2 tbsp hazelnut toasted finely chopped (see dressing)
- ☐ 25 g butter
- ☐ 6 scallops
- ☐ 1 small handful watercress leaves
- ☐ 2 tsp rapeseed oil extra-virgin for drizzling
- ☐ 175 g hazelnut for the scallops, too (a 200g bag will give you enough)

- ☐ 3 tbsp cider vinegar
- ☐ 2 tsp maple syrup

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ knife

Directions

- ☐ To make the dressing, tip the hazelnuts into a frying pan, toast until golden, then transfer to the small bowl of a food processor. Whizz for 5–10 mins until they make a smooth paste the nuts will start to release some of their oil and the paste should look like smooth peanut butter.
- ☐ Add the vinegar, maple syrup, season and blend to combine. With the motor running, pour in 150ml water and continue blending until smooth. Can be kept in the fridge for up to 1 week.
- ☐ Cut the apple into really fine matchsticks using a mandolin or sharp knife. Toss in a little of the lemon juice as you go to prevent the apple from turning brown.
- ☐ Put the hazelnuts in a shallow dish.
- ☐ Heat the butter in a frying pan until foaming and nut brown.
- ☐ Add the scallops and cook for 1 min on each side, or to your liking, seasoning as they cook.
- ☐ Remove from the pan and roll each scallop in hazelnuts. If cooking for larger numbers, cook the scallops in batches so that you dont overcrowd the pan.
- ☐ To serve, spoon a dollop of the hazelnut dressing in the centre of each plate; use the back of the spoon to spread out the dressing slightly. Toss the watercress in the remaining lemon juice and oil, season and place a pile in the centre of each dressing dollop. Arrange the scallops around the watercress and place piles of apple between each scallop.
- ☐ Drizzle with a little oil and serve immediately.

Nutrition Facts



Properties

Glycemic Index:102.75, Glycemic Load:3.57, Inflammation Score:-5, Nutrition Score:12.781304411266%

Flavonoids

Cyanidin: 1.39mg, Cyanidin: 1.39mg, Cyanidin: 1.39mg, Cyanidin: 1.39mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 3.45mg, Epicatechin: 3.45mg, Epicatechin: 3.45mg, Epicatechin: 3.45mg Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

Nutrients (% of daily need)

Calories: 332.59kcal (16.63%), Fat: 21.46g (33.02%), Saturated Fat: 7.39g (46.17%), Carbohydrates: 17.62g (5.87%), Net Carbohydrates: 15.53g (5.65%), Sugar: 9.65g (10.72%), Cholesterol: 58.67mg (19.56%), Sodium: 602.26mg (26.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.74g (35.48%), Phosphorus: 482.24mg (48.22%), Manganese: 0.87mg (43.74%), Vitamin B12: 1.89µg (31.49%), Selenium: 17.36µg (24.8%), Vitamin E: 2.68mg (17.84%), Magnesium: 51.12mg (12.78%), Potassium: 432.75mg (12.36%), Copper: 0.22mg (10.91%), Zinc: 1.54mg (10.28%), Folate: 35.78µg (8.95%), Vitamin B6: 0.18mg (8.81%), Fiber: 2.09g (8.35%), Vitamin B2: 0.14mg (8.11%), Vitamin K: 7.75µg (7.39%), Vitamin A: 359.33IU (7.19%), Vitamin C: 5.84mg (7.08%), Iron: 1.09mg (6.06%), Vitamin B1: 0.09mg (5.92%), Vitamin B3: 1.17mg (5.86%), Vitamin B5: 0.43mg (4.3%), Calcium: 35.32mg (3.53%)