



Scallop Ceviche on Black Pasta Cakes with Cilantro Salsa

 Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 ounce angel hair pasta black (squid ink)
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon jalapeno fresh minced
- ☐ 1 teaspoon kosher salt
- ☐ 1 cup juice of lime fresh
- ☐ 1 teaspoon olive oil extra virgin extra-virgin
- ☐ 1 cup orange juice fresh

- ☐ 1.3 pound scallops halved
- ☐ 0.5 cup tomatillos fresh finely chopped
- ☐ 0.5 cup tomatoes finely chopped
- ☐ 1 cup vegetable oil
- ☐ 0.5 cup onion white minced

Equipment

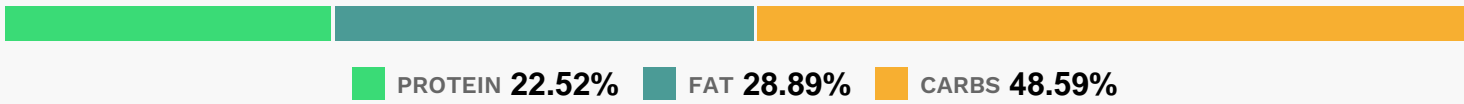
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ wax paper
- ☐ colander

Directions

- ☐ Combine onion, juices, jalapeño, and salt in a bowl.
- ☐ Poach scallops in 4 quarts of simmering salted water, stirring occasionally, until just cooked through (scallops should be opaque with centers slightly pink), about 1 minute.
- ☐ Drain scallops and gently toss with marinade. Marinate scallops, covered and chilled, 3 hours.
- ☐ Boil pasta in a large pot of boiling salted water until just cooked through, 1 to 2 minutes. Reserve 1 cup cooking water, then drain pasta in a colander. Rinse briefly under cold running water to stop cooking (don't cool pasta completely) and drain well. Toss pasta with extra-virgin olive oil.
- ☐ Heat 1/4 inch olive or vegetable oil in a 10-inch nonstick skillet over moderate heat until hot but not smoking. Form cakes by dropping a few strands of loosely squiggled pasta into a 1-tablespoon measure to fill it and inverting tablespoon into oil, flattening cake slightly if necessary. (If strands in bowl become too sticky to handle, stir in a little reserved pasta water, 1 teaspoon at a time. You need some starch from pasta to hold cake together, but you don't want strands to become wet.) Cook cakes, 4 at a time, until crisp, 45 seconds to 1 minute per side, and drain on paper towels. Season cakes with salt.
- ☐ Soak onion in cold water to cover 20 minutes, then drain and rinse well. Stir together onion, cilantro, tomatillos, tomato, jalapeño, and salt and chill, covered, until ready to use.

- ☐
- Lift scallops out of marinade and put 1 on top of each pasta cake. Top with salsa and serve immediately.
- ☐
- Pasta cakes may be made 1 day ahead and kept between sheets of wax paper in an airtight container at room temperature.·Ceviche can be made 1 day ahead and chilled, covered.·Salsa is best when made no more than 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:4.65, Glycemic Load:1.39, Inflammation Score:-1, Nutrition Score:1.6704347911088%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 1.07mg, Hesperetin: 1.07mg, Hesperetin: 1.07mg, Hesperetin: 1.07mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 35.16kcal (1.76%), Fat: 1.14g (1.75%), Saturated Fat: 0.18g (1.12%), Carbohydrates: 4.31g (1.44%), Net Carbohydrates: 4.08g (1.48%), Sugar: 0.79g (0.88%), Cholesterol: 2.84mg (0.94%), Sodium: 95.36mg (4.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2g (3.99%), Vitamin C: 5.01mg (6.07%), Selenium: 3.78µg (5.4%), Phosphorus: 49.29mg (4.93%), Vitamin B12: 0.17µg (2.78%), Vitamin K: 2.6µg (2.48%), Manganese: 0.04mg (2.16%), Potassium: 59.8mg (1.71%), Magnesium: 6.15mg (1.54%), Folate: 5.42µg (1.35%), Zinc: 0.17mg (1.16%), Vitamin B6: 0.02mg (1.16%), Vitamin B3: 0.21mg (1.07%)