



Scallop Sauté with Miso Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings flour — to dust the scallops all-purpose
- ☐ 1 clove garlic crushed
- ☐ 2 tablespoons heavy cream
- ☐ 1 tablespoon mirin
- ☐ 2 tablespoons miso
- ☐ 4 servings parmesan cheese freshly grated to taste
- ☐ 4 servings salt and pepper
- ☐ 8 oz very scallops fresh (without their coral)
- ☐ 1 teaspoon soya sauce

- ☐ 1 teaspoon caster sugar (see note)
- ☐ 1 tablespoons vegetable oil
- ☐ 1 tablespoons water
- ☐ 1 small bunch watercress
- ☐ 2 tablespoons white wine
- ☐ 0.5 tablespoon whole-grain mustard

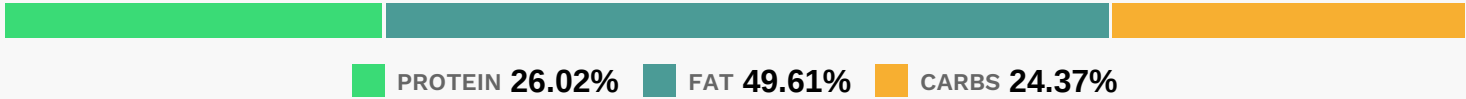
Equipment

- ☐ frying pan

Directions

- ☐ Season the scallops with the salt, pepper, and garlic and then lightly dust with flour.
- ☐ Heat the oil in a small frying pan. Briefly fry both sides of the scallops until seared on the outside, but still rare in the middle.
- ☐ Take the pan off the heat and remove the scallops.
- ☐ Add the white wine and then the miso, mirin, soy sauce, sugar, and water to pan and stir. Return to the heat and bring to a boil, stirring, then remove.
- ☐ Mix in the mustard and heavy cream.
- ☐ Tear the leaves off the watercress and arrange on a large plate. Chop the stems finely and set aside as a garnish.
- ☐ Place the scallops on the bed of watercress leaves, pour the hot sauce over, and garnish with the finely chopped watercress stems.
- ☐ Sprinkle with Parmesan cheese and serve.
- ☐ Superfine sugar is very finely granulated sugar that dissolves quickly. It is used in baking, beverages, and sauces, and is available in the baking sections of supermarkets. Regular sugar can be used instead.

Nutrition Facts



Properties

Glycemic Index:82.52, Glycemic Load:6.01, Inflammation Score:-5, Nutrition Score:11.272608788117%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 285.2kcal (14.26%), Fat: 15.45g (23.77%), Saturated Fat: 7.07g (44.2%), Carbohydrates: 17.07g (5.69%), Net Carbohydrates: 16.27g (5.92%), Sugar: 2.93g (3.25%), Cholesterol: 48.18mg (16.06%), Sodium: 1400.47mg (60.89%), Alcohol: 1.2g (100%), Alcohol %: 1.08% (100%), Protein: 18.23g (36.46%), Phosphorus: 415.76mg (41.58%), Selenium: 21.95µg (31.35%), Calcium: 290.78mg (29.08%), Vitamin K: 25.21µg (24.01%), Vitamin B12: 1.22µg (20.39%), Zinc: 2.15mg (14.31%), Vitamin A: 579.68IU (11.59%), Vitamin B2: 0.2mg (11.54%), Manganese: 0.21mg (10.59%), Magnesium: 33.02mg (8.26%), Folate: 27.57µg (6.89%), Potassium: 239.44mg (6.84%), Vitamin B1: 0.09mg (6.18%), Iron: 1.03mg (5.73%), Vitamin B6: 0.11mg (5.7%), Vitamin B3: 1.04mg (5.21%), Copper: 0.08mg (4.2%), Vitamin E: 0.58mg (3.83%), Vitamin C: 2.97mg (3.6%), Vitamin B5: 0.34mg (3.39%), Fiber: 0.8g (3.2%), Vitamin D: 0.27µg (1.8%)