



Scallop Tea Rice



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



447 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2.5 cups bottled clam juice divided
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 teaspoons ginger fresh minced peeled
- ☐ 1 spring onion thinly sliced
- ☐ 3 tablespoons rice wine divided
- ☐ 4 ounce carrot (caviar)
- ☐ 8 ounces scallops (12)
- ☐ 1.5 cups sushi rice (such as sushi rice)

- ☐ 3 tablespoons soya sauce divided
- ☐ 1 teaspoon sugar
- ☐ 2 tablespoons ginger tea bags green
- ☐ 4 servings wasabi paste
- ☐ 2 cups water boiling
- ☐ 2 teaspoons sesame seed white toasted

Equipment

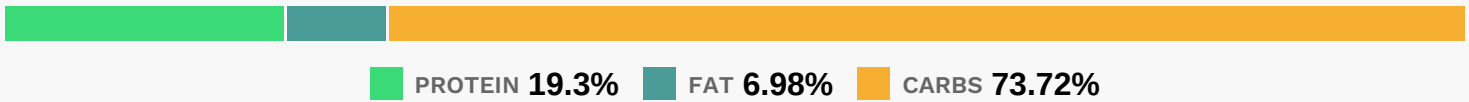
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ slotted spoon
- ☐ teapot

Directions

- ☐ Rinse rice in strainer under cold running water until water runs clear; drain well.
- ☐ Transfer rice to heavy medium saucepan.
- ☐ Add 2 cups clam juice, 1 tablespoon soy sauce, 1 tablespoon sake, ginger, sugar, and salt; bring to boil. Reduce heat to medium-low, cover, and simmer 10 minutes.
- ☐ Remove from heat; let stand, covered, until all liquid is absorbed and rice is tender, about 10 minutes.
- ☐ Place green tea leaves in medium teapot.
- ☐ Pour 2 cups boiling water over; cover and let steep while preparing scallops.
- ☐ Bring remaining 1/2 cup clam juice, 2 tablespoons soy sauce, and 2 tablespoons sake to boil in small skillet.
- ☐ Add scallops; cover and reduce heat to medium-low. Cook 30 seconds. Turn scallops over; cover and cook 30 seconds. Using slotted spoon, transfer scallops to plate; reserve cooking liquid in skillet. Slice each scallop in half horizontally to create 2 rounds.

- ☐
- Divide rice among 4 shallow soup bowls. Spoon reserved scallop cooking liquid around rice. Arrange scallops, cut side up, atop rice.
- ☐
- Sprinkle salmon roe, sesame seeds, and green onion over. Strain hot tea over scallops.
- ☐
- Serve, passing wasabi alongside.
- ☐
- *Available in tubes at Japanese markets and in the Asian foods section of some supermarkets.

Nutrition Facts



Properties

Glycemic Index:62.52, Glycemic Load:46.32, Inflammation Score:-5, Nutrition Score:18.380869575169%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 447.29kcal (22.36%), Fat: 3.33g (5.13%), Saturated Fat: 0.64g (3.98%), Carbohydrates: 79.21g (26.4%), Net Carbohydrates: 75.96g (27.62%), Sugar: 6.21g (6.9%), Cholesterol: 119.64mg (39.88%), Sodium: 1840.71mg (80.03%), Alcohol: 1.81g (100%), Alcohol %: 0.49% (100%), Protein: 20.74g (41.47%), Vitamin B12: 3.11µg (51.86%), Selenium: 30.39µg (43.42%), Manganese: 0.85mg (42.74%), Phosphorus: 398.83mg (39.88%), Vitamin D: 3.43µg (22.87%), Vitamin B2: 0.31mg (17.99%), Vitamin C: 13.96mg (16.92%), Vitamin B3: 3.38mg (16.89%), Vitamin B1: 0.25mg (16.82%), Vitamin B6: 0.3mg (15.05%), Copper: 0.29mg (14.73%), Vitamin E: 2.17mg (14.46%), Magnesium: 56.75mg (14.19%), Folate: 53.63µg (13.41%), Zinc: 2mg (13.31%), Fiber: 3.25g (12.99%), Iron: 2.3mg (12.78%), Potassium: 440.93mg (12.6%), Vitamin B5: 1.17mg (11.65%), Vitamin A: 338.54IU (6.77%), Vitamin K: 6.27µg (5.97%), Calcium: 54.57mg (5.46%)