



Scallops, Okra, and Tomatoes in Coconut Curry Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



368 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings rice
- ☐ 0.3 teaspoon pepper black
- ☐ 0.7 cup lite coconut milk canned reduced-fat
- ☐ 1.5 teaspoons curry powder (preferably Madras)
- ☐ 1 cup fat-skimmed beef broth fat-free low-sodium
- ☐ 0.3 cup cilantro leaves fresh loosely packed
- ☐ 1 inch ginger fresh peeled chopped

- ☐ 1 large garlic clove chopped
- ☐ 2 teaspoons jalapeno fresh minced (including seeds)
- ☐ 0.5 pound okra fresh
- ☐ 1 small onion chopped
- ☐ 1 pound plum tomatoes
- ☐ 1 tablespoon salt
- ☐ 1.3 pound scallops
- ☐ 2 teaspoons vegetable oil

Equipment

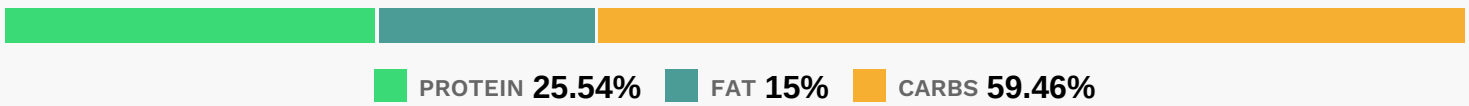
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ blender
- ☐ aluminum foil
- ☐ slotted spoon
- ☐ tongs
- ☐ colander

Directions

- ☐ Trim tops of okra, being careful not to cut into pods.
- ☐ Cut an X in bottom of each tomato and immerse tomatoes in a 2-quart saucepan of boiling water for 10 seconds.
- ☐ Transfer tomatoes with a slotted spoon (save boiling water) to a bowl of ice and cold water to cool, then peel.
- ☐ Add 1 tablespoon salt to boiling water, then add okra and cook, uncovered, until just tender, about 5 minutes.
- ☐ Drain okra in a colander, then plunge into same ice water to stop cooking.

- ☐ Drain okra and pat dry with paper towels.
- ☐ Quarter tomatoes lengthwise and seed, then cut each quarter lengthwise into 1/2-inch-wide strips.
- ☐ Purée onion, garlic, ginger, jalapeño (to taste), and 1/4 cup chicken broth in a blender.
- ☐ Pat scallops dry and sprinkle with pepper and remaining 1/2 teaspoon salt.
- ☐ Brush a 12-inch nonstick skillet with 1/2 teaspoon oil and heat over moderately high heat until just beginning to smoke. Brown scallops in 2 batches, turning once, about 4 minutes total.
- ☐ Transfer scallops as browned with tongs to a plate and keep warm, covered with foil. (Scallops will not be cooked through.)
- ☐ Add remaining 1 1/2 teaspoons oil to skillet and reduce heat to moderate.
- ☐ Add purée carefully (it may splatter), then add curry powder. Boil, stirring constantly, 2 minutes.
- ☐ Add coconut milk and remaining 3/4 cup broth and bring to a simmer.
- ☐ Add tomato strips and simmer, stirring frequently, until tomatoes are softened, 3 to 4 minutes. Season sauce with salt and pepper.
- ☐ Stir in scallops and okra and simmer until scallops are just cooked through, about 3 minutes. Divide scallops, vegetables, and sauce among 4 plates and sprinkle with cilantro.
- ☐ Each serving contains about 239 calories and 8 grams fat.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:76.05, Glycemic Load:24.6, Inflammation Score:-9, Nutrition Score:22.505217054616%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 16.77mg, Quercetin: 16.77mg, Quercetin: 16.77mg, Quercetin: 16.77mg

Nutrients (% of daily need)

Calories: 367.99kcal (18.4%), Fat: 6.06g (9.32%), Saturated Fat: 2.91g (18.17%), Carbohydrates: 54.02g (18.01%), Net Carbohydrates: 49.52g (18.01%), Sugar: 4.87g (5.42%), Cholesterol: 34.02mg (11.34%), Sodium: 2573.59mg (111.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.2g (46.39%), Phosphorus: 605.14mg (60.51%), Manganese: 1.21mg (60.26%), Vitamin C: 33.51mg (40.62%), Selenium: 27.1µg (38.71%), Vitamin B12: 2.11µg (35.2%), Vitamin K: 35.49µg (33.8%), Vitamin A: 1457.75IU (29.16%), Potassium: 859.61mg (24.56%), Magnesium: 93.53mg (23.38%), Vitamin B6: 0.45mg (22.68%), Folate: 83.97µg (20.99%), Fiber: 4.5g (18%), Vitamin B3: 3.4mg (16.99%), Zinc: 2.41mg (16.09%), Copper: 0.3mg (14.94%), Vitamin B1: 0.22mg (14.34%), Vitamin B5: 1.12mg (11.24%), Iron: 1.98mg (10.98%), Calcium: 93.34mg (9.33%), Vitamin E: 1.29mg (8.6%), Vitamin B2: 0.12mg (7.24%)