

DINNER

Scallops with Cucumber-Horseradish Sauce

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$3.18	209 kcal

Scallops with Cucumber-Horseradish Sauce might be just the main course you are searching for. This recipe serves 4 and costs \$3.18 per serving. Watching your figure? This pescatarian recipe has 244 calories, 29g of protein, and 5g of fat per serving.

Ingredients

- ☐ 1 cup chopped seeded peeled cucumber
- ☐ 2 tablespoons finely chopped fresh parsley
- ☐ 1½ tablespoons prepared horseradish
- ☐ 0.1 teaspoon kosher salt
- ☐ 1½ pounds 12 large sea scallops (about
- ☐ 1 cup plain fat-free yogurt
- ☐ 0.1 teaspoon coarsely ground black pepper
- ☐ 2 tablespoons Italian-seasoned breadcrumbs
- ☐ 1 tablespoon olive oil

EQUIPMENT Frying pan

Method

- 1

Heat oil in a large nonstick skillet coated with cooking spray over medium-high heat.
- 2

Combine cucumber, yogurt, parsley, horseradish, salt, and pepper; set aside.
- 3

Place breadcrumbs in a shallow dish; dredge scallops in breadcrumbs.
- 4

Add scallops to pan; cook 4 minutes on each side or until done.

5 Serve immediately with sauce.

Nutrition per serving

209	25 g	5 g	15 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			0.9 g · 5% of daily needs
Fibre			0.8 g · 3% of daily needs
Sugar			5.9 g · 7% of daily needs
Sodium			879 mg · 38% of daily needs
Cholesterol			42.1 mg · 14% of daily needs
Vitamin C			5.8 mg · 7% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/scallops-with-cucumber-horseradish-sauce-148221