



## Seared Jumbo Sea Scallops with Wilted Arugula, Corn, Shiitake Salad & Soy Ginger Vinaigrette



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



219 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 8 cup arugula dry washed and spun loosely packed
- ☐ 2 tablespoon vermouth dry
- ☐ 1 clove garlic & minced peeled
- ☐ 1 tablespoon & ginger peeled chopped
- ☐ 1 tablespoon honey
- ☐ 1 tablespoon olive oil

- ☐ 1 teaspoon freshly cracked pepper black
- ☐ 0.3 teaspoon pepper flakes red crushed
- ☐ 2 tablespoon rice vinegar
- ☐ 1 pinch salt as needed plus more for seasoning
- ☐ 2 tablespoon sesame oil
- ☐ 1 tablespoon sesame seed toasted
- ☐ 1 small shallots minced
- ☐ 10 ounce mushroom caps sliced
- ☐ 2 tablespoon soya sauce
- ☐ 0.3 cup vegetable oil divided
- ☐ 6 large dry" sea scallops

## Equipment

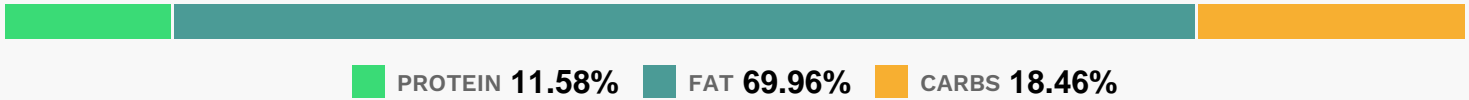
- ☐ frying pan
- ☐ tongs

## Directions

- ☐ Make the vinaigrette: Blend the first 7 ingredients together in a food processor. With machine running, gradually add ¼ cup vegetable oil and process until well emulsified. Cover and let sit 30 minutes for the flavors to come together. May be prepared 1 day ahead kept refrigerated.
- ☐ Heat olive oil in a medium saute pan over medium-high heat.
- ☐ Add mushrooms, shallots, and minced garlic stirring often until the mushrooms release their liquid. Continue cooking stirring often until the pan becomes nearly dry again and the mushrooms begin to brown, about 6 more minutes. Deglaze the pan with vermouth.
- ☐ Add a pinch of salt, pepper flakes, and arugula. Stir to slightly wilt.
- ☐ Remove from heat. Stir in raw corn kernels. Set aside in a warm place. Sear the scallops: Season the scallops generously with salt and pepper.
- ☐ Place a non stick or cast iron skillet over medium-high heat.
- ☐ Add 1 tablespoon vegetable oil. Once the oil begins to shimmer add the scallops and sear for 2 ½ minutes, without moving them around. When the bottoms of the scallops look nicely

- browned and they release themselves from the pan turn them over and sear the other side for 1 to 1 ½ minutes. Using tongs, carefully transfer the scallops to a platter lined with paper towels to blot some of the oil.To serve: Toss the salad with a bit of vinaigrette.
- ☐ Place some on each of 4 serving plates. Top with a scallop.
- ☐ Garnish with toasted sesame seeds.

## Nutrition Facts



## Properties

Glycemic Index:54.71, Glycemic Load:2.71, Inflammation Score:-6, Nutrition Score:10.53130429724%

## Flavonoids

Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg Kaempferol: 9.31mg, Kaempferol: 9.31mg, Kaempferol: 9.31mg, Kaempferol: 9.31mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

## Nutrients (% of daily need)

Calories: 218.64kcal (10.93%), Fat: 17.35g (26.69%), Saturated Fat: 2.54g (15.86%), Carbohydrates: 10.3g (3.43%), Net Carbohydrates: 8.13g (2.96%), Sugar: 5.02g (5.58%), Cholesterol: 7.2mg (2.4%), Sodium: 466.86mg (20.3%), Alcohol: 0.47g (100%), Alcohol %: 0.41% (100%), Protein: 6.46g (12.93%), Vitamin K: 49.52µg (47.16%), Phosphorus: 188.21mg (18.82%), Manganese: 0.34mg (17.16%), Vitamin A: 663.4IU (13.27%), Vitamin B3: 2.47mg (12.34%), Vitamin B6: 0.23mg (11.5%), Selenium: 7.34µg (10.49%), Folate: 41.29µg (10.32%), Potassium: 353.37mg (10.1%), Magnesium: 38.43mg (9.61%), Vitamin B5: 0.94mg (9.4%), Vitamin E: 1.33mg (8.89%), Vitamin B2: 0.15mg (8.69%), Fiber: 2.17g (8.69%), Copper: 0.17mg (8.62%), Zinc: 1.06mg (7.07%), Vitamin B12: 0.42µg (7.05%), Iron: 1.24mg (6.88%), Calcium: 67.21mg (6.72%), Vitamin C: 4.57mg (5.54%), Vitamin B1: 0.04mg (2.64%), Vitamin D: 0.19µg (1.26%)