



Seared Scallops with Asparagus Sauce



Gluten Free



Popular

READY IN



30 min.

SERVINGS



2

CALORIES



304 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 sea scallops
- ☐ 2 servings salt
- ☐ 1 pound asparagus
- ☐ 0.5 cup warm chicken broth gluten-free (if cooking use stock)
- ☐ 2 tablespoons butter
- ☐ 2 tablespoons canola oil

Equipment

- ☐ food processor

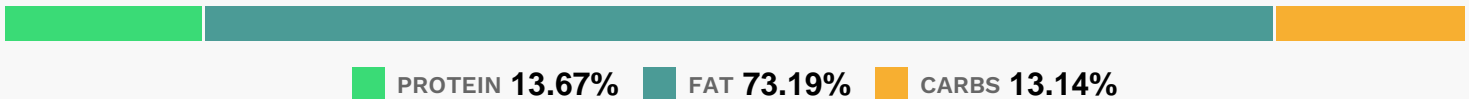
- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ sieve
- ☐ blender
- ☐ tongs
- ☐ peeler

Directions

- ☐ Salt the scallops: Salt the scallops well and set aside at room temperature while you make the asparagus sauce.
- ☐ Cook the asparagus for the sauce: Use a potato peeler to shave the outer layer off the asparagus spears, up to about three-quarters of the way up the spear. This part is more fibrous and will not break down as well in the blender. Chop the asparagus spears into 2-inch pieces.
- ☐ Boil the asparagus in a pot of salted water for 5–8 minutes. This is longer than you'd normally cook asparagus, but you want the spears to blend well later.
- ☐ Remove the asparagus from the pot. If you want to retain that vibrant green color, shock them in an ice bath.
- ☐ Make the asparagus sauce:
- ☐ Put the cooked asparagus in a food processor or blender.
- ☐ Add half the chicken stock and purée until smooth. (If you want an even smoother texture you can push the purée through a fine mesh sieve or a food mill.)
- ☐ Pour the sauce into a small pot and add the butter.
- ☐ Heat over very low heat until the butter melts, but do not let it boil, or even simmer. The sauce should be warm, not hot. If the sauce is too thick you can add more chicken stock.
- ☐ Add salt to taste.
- ☐ Sear the scallops on one side: Pat the scallops dry with a paper towel.
- ☐ Heat a sauté pan on high heat.
- ☐ Add your cooking oil, and let it heat up for 2 minutes. The pan should be very hot. If it starts to smoke, move the pan off the heat.

- ☐ Lay in the scallops in the pan, well separated from each other. You might need to sear in batches.
- ☐ If your scallops are thicker than 1 inch, turn the heat down to medium-high. Most sea scallops are about an inch.
- ☐ Let them sear without moving for at least 3-4 minutes.
- ☐ Keep an eye on them. You will see a crust beginning to form on the outside edge of the scallop, and the meat will begin to whiten upward. A good time to check the scallop is when you see a golden brown ring at the edge of the scallop.
- ☐ Try picking it up with tongs, and if it comes cleanly, check it – you should see a deep golden sear. If not, let it back down and keep searing.
- ☐ Sear the scallops on the other side: When the scallops are well seared on one side, turn them over and sear on high heat for 1 minute (give or take). Then turn off the heat.
- ☐ The residual heat will continue to cook the scallops for a few minutes.
- ☐ Let the scallops cook for at least another minute, or more if you like your scallops well-done.
- ☐ Serve: To serve pour a little sauce in the middle of the plate, top with the scallops, the more browned side up.
- ☐ Serve at once.
- ☐ Garnish with a little chopped parsley if you want, and maybe with a wedge of lemon.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:1.3, Inflammation Score:-9, Nutrition Score:21.111304117286%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg Kaempferol: 3.15mg, Kaempferol: 3.15mg, Kaempferol: 3.15mg, Kaempferol: 3.15mg Quercetin: 31.71mg, Quercetin: 31.71mg, Quercetin: 31.71mg, Quercetin: 31.71mg

Nutrients (% of daily need)

Calories: 304.07kcal (15.2%), Fat: 25.97g (39.95%), Saturated Fat: 9.28g (58.02%), Carbohydrates: 10.5g (3.5%), Net Carbohydrates: 5.73g (2.09%), Sugar: 4.52g (5.03%), Cholesterol: 42.08mg (14.02%), Sodium: 682.99mg

(29.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.91g (21.82%), Vitamin K: 103.76µg (98.81%), Vitamin A: 2066.96IU (41.34%), Vitamin E: 4.93mg (32.85%), Folate: 125.55µg (31.39%), Iron: 5.15mg (28.6%), Phosphorus: 273.94mg (27.39%), Vitamin B1: 0.34mg (22.7%), Copper: 0.45mg (22.4%), Vitamin B2: 0.37mg (21.53%), Manganese: 0.39mg (19.68%), Fiber: 4.76g (19.05%), Selenium: 11.35µg (16.22%), Potassium: 564.49mg (16.13%), Vitamin C: 12.7mg (15.39%), Vitamin B3: 2.67mg (13.34%), Vitamin B6: 0.24mg (11.98%), Zinc: 1.69mg (11.26%), Vitamin B12: 0.67µg (11.17%), Magnesium: 42.52mg (10.63%), Vitamin B5: 0.74mg (7.39%), Calcium: 63.1mg (6.31%)