



## Seared scallops with leeks & lemon chilli butter

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



533 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 4 young trimmed
- ☐ 12 scallops
- ☐ 1 tbsp olive oil light
- ☐ 4 servings lemon wedges
- ☐ 250 g pack butter softened
- ☐ 1 chilli red deseeded finely chopped
- ☐ 2 garlic cloves crushed

- ☐ 2 lemon zest
- ☐ 1 bunch parsley chopped

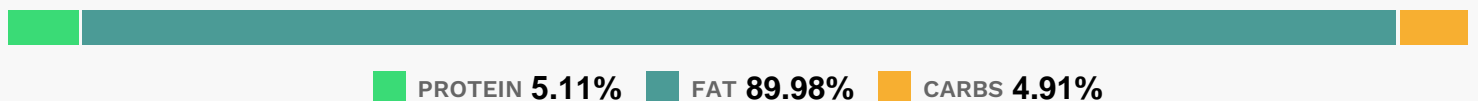
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wooden spoon
- ☐ colander
- ☐ palette knife

## Directions

- ☐ For the butter, mix all of the ingredients together in a large bowl, then beat well with a wooden spoon until there are no lumps of butter left. Spoon onto a large sheet of cling film, then wrap tightly in a sausage shape. Chill until firm (or put in the freezer if youre short of time).
- ☐ Set up a pan with a steamer or suspend a heatproof colander over the top of a pan.
- ☐ Cut the leeks in half lengthways, then slice into long strips, about the thickness of tagliatelle. Cover, then steam for 6 mins until tender, with no signs of squeakiness. Season, then set aside.
- ☐ Dry the scallops on kitchen paper and season.
- ☐ Heat a heavy-based pan, then add the oil. Once hot, add the scallops, keeping them close together this helps the sides to stay straight and tall rather than sagging. Sizzle for 2 mins until caramelised and you can see the heat creeping up the outside. Turn over with a palette knife, then fry for 1 min more. Take off the heat, then add a few good slices of the butter to the pan, spooning over the scallops as it melts.
- ☐ To serve, wind a nest of warm leeks in the centre of 4 plates, top each with 3 scallops, spoon over the buttery sauce (it looks smart trickled around the plate), then sprinkle with the remaining parsley. Squeeze over a little lemon juice before you tuck in.

## Nutrition Facts



## Properties

Glycemic Index:53.63, Glycemic Load:1.32, Inflammation Score:-9, Nutrition Score:15.292173935019%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 30.71mg, Apigenin: 30.71mg, Apigenin: 30.71mg, Apigenin: 30.71mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 2.18mg, Myricetin: 2.18mg, Myricetin: 2.18mg, Myricetin: 2.18mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 533.44kcal (26.67%), Fat: 54.64g (84.06%), Saturated Fat: 32.7g (204.37%), Carbohydrates: 6.7g (2.23%), Net Carbohydrates: 5.4g (1.96%), Sugar: 1.54g (1.72%), Cholesterol: 145.18mg (48.39%), Sodium: 590.99mg (25.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.98g (13.97%), Vitamin K: 249.3µg (237.43%), Vitamin A: 3139.32IU (62.79%), Vitamin C: 41.91mg (50.8%), Phosphorus: 186.82mg (18.68%), Vitamin E: 2.3mg (15.31%), Vitamin B12: 0.74µg (12.35%), Folate: 44.11µg (11.03%), Selenium: 6.85µg (9.79%), Iron: 1.59mg (8.86%), Vitamin B6: 0.17mg (8.32%), Manganese: 0.15mg (7.69%), Potassium: 263.45mg (7.53%), Magnesium: 26.25mg (6.56%), Calcium: 55.41mg (5.54%), Fiber: 1.3g (5.22%), Zinc: 0.69mg (4.61%), Vitamin B3: 0.76mg (3.78%), Copper: 0.07mg (3.65%), Vitamin B2: 0.06mg (3.57%), Vitamin B5: 0.29mg (2.88%), Vitamin B1: 0.04mg (2.76%)