



Seared Scallops with Lemony Farro and Arugula Salad

 Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 ounces baby arugula washed and coarsely chopped
- 0.3 teaspoon pepper black as needed freshly ground plus more
- 1.5 cups farro
- 2 medium garlic clove finely chopped
- 2 teaspoons kosher salt as needed plus more
- 2 tablespoons juice of lemon freshly squeezed
- 1 teaspoon lemon zest finely grated (from 1 medium lemon)

- 0.3 cup olive oil
- 1 pound scallops (16 medium)
- 4.5 cups water

Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- whisk
- tongs

Directions

- Bring the water to a boil over high heat in a medium saucepan.
- Add the farro and 1 teaspoon of the salt, stir to combine, and return to a simmer. Reduce the heat to medium low and continue simmering, stirring occasionally, until the farro is tender, about 25 to 30 minutes. Meanwhile, place the remaining teaspoon of salt, lemon zest, lemon juice, garlic, and measured pepper in a large, nonreactive bowl and stir to combine. While whisking continuously, add 3 tablespoons of the oil in a slow, steady stream until it's fully incorporated. Set the bowl aside at room temperature for at least 15 minutes. When the farro is ready, immediately drain it. Re-whisk the lemon-garlic dressing, add the warm farro and arugula, and stir to combine. Set aside while you cook the scallops.
- Remove the white opalescent tab (called the catch muscle) from the side of each scallop, pat them very dry with paper towels, and season both sides with salt and freshly ground black pepper.
- Heat the remaining tablespoon of oil in a large frying pan over high heat.
- Place the scallops in the pan and sear without disturbing until the bottoms are deep golden brown, about 3 to 4 minutes. Using tongs, flip the scallops (if they stick, wait until they naturally release before flipping) and sear the second side until the scallops are opaque in the center, about 1 to 2 minutes more.
- Transfer to a large plate. Stir the farro salad to recombine, then divide among 4 plates. Divide the scallops over the salad and serve immediately.

Nutrition Facts

PROTEIN 18.22% FAT 28.4% CARBS 53.38%

Properties

Glycemic Index:23.5, Glycemic Load:0.29, Inflammation Score:-7, Nutrition Score:21.360000009122%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg Kaempferol: 7.42mg, Kaempferol: 7.42mg, Kaempferol: 7.42mg, Kaempferol: 7.42mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 471.33kcal (23.57%), Fat: 15.1g (23.23%), Saturated Fat: 2.22g (13.85%), Carbohydrates: 63.85g (21.28%), Net Carbohydrates: 51.67g (18.79%), Sugar: 1.26g (1.4%), Cholesterol: 27.22mg (9.07%), Sodium: 1633.71mg (71.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.8g (43.6%), Selenium: 43.09µg (61.55%), Manganese: 1.12mg (56.2%), Phosphorus: 558.71mg (55.87%), Fiber: 12.18g (48.72%), Vitamin K: 33.18µg (31.6%), Vitamin B12: 1.6µg (26.65%), Magnesium: 98mg (24.5%), Vitamin B3: 4.34mg (21.68%), Copper: 0.41mg (20.43%), Zinc: 2.78mg (18.55%), Vitamin B6: 0.32mg (15.83%), Potassium: 537.5mg (15.36%), Iron: 2.75mg (15.27%), Folate: 57.65µg (14.41%), Vitamin E: 2.07mg (13.77%), Vitamin B1: 0.17mg (11.05%), Vitamin A: 525.97IU (10.52%), Vitamin C: 7.2mg (8.73%), Calcium: 75.8mg (7.58%), Vitamin B2: 0.12mg (7.31%), Vitamin B5: 0.57mg (5.7%)