



Seared scallops with sweet chilli sauce

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



37 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 knob ginger fresh
- 1 handful cilantro leaves
- 2 garlic clove
- 4 tbsp vegetable oil for cooking
- 20 scallops
- 20 servings chilli sauce sweet (recipe below)

Equipment

- frying pan

- skewers
- mortar and pestle

Directions

- Place the ginger, coriander and garlic in a pestle and mortar, then pound to a paste.
- Add the oil and mix through.
- Pour over the scallops and rub in until they are covered with the mixture. Thread each scallop onto a skewer (see Know-how, below). Can be done up to 1 day in advance.
- To cook, heat a non-stick frying pan until really hot.
- Place a couple of skewers in the pan and cook for 2 mins, until starting to turn golden. Turn over, drizzle with more oil if needed, then cook for another min.
- Serve with sweet chilli sauce.

Nutrition Facts



PROTEIN 19.94% **FAT 68.29%** **CARBS 11.77%**

Properties

Glycemic Index:3.85, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.1021739228264%

Flavonoids

Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 36.99kcal (1.85%), Fat: 2.8g (4.31%), Saturated Fat: 0.43g (2.72%), Carbohydrates: 1.09g (0.36%), Net Carbohydrates: 1.07g (0.39%), Sugar: 0.48g (0.54%), Cholesterol: 3.6mg (1.2%), Sodium: 68.95mg (3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.84g (3.68%), Vitamin K: 5.63µg (5.36%), Phosphorus: 50.67mg (5.07%), Vitamin B12: 0.21µg (3.52%), Selenium: 1.96µg (2.81%), Vitamin E: 0.23mg (1.52%)