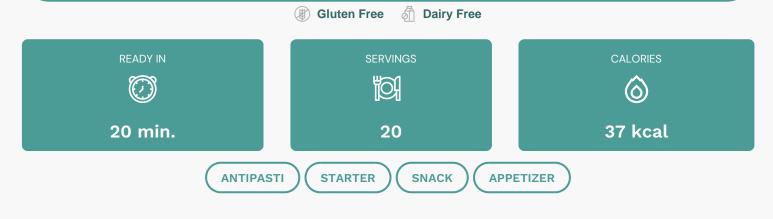


# Seared scallops with sweet chilli sauce



### **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

#### 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: Og (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%)