



## Seared Scallops with Tomato-Fennel Relish

 Gluten Free

READY IN



90 min.

SERVINGS



4

CALORIES



251 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 tablespoons butter divided
- 0.5 cup fennel bulb ; save some fronds diced for garnish ()
- 2 tablespoons flat-leaf parsley leaves chopped
- 3 garlic cloves thinly sliced
- 1 teaspoon ground cumin
- 1 medium onion diced finely
- 0.3 tsp pepper
- 12 large diver-caught scallops

- 0.5 tsp sea salt fine
- 2 tablespoons vegetable oil
- 4 large vine-ripened tomatoes whole canned drained

## Equipment

- frying pan
- pot

## Directions

- Lay scallops on a paper towelled plate and allow to come to room temperature, about 15 minutes. Season with 1/2 tsp. salt and let stand 5 more minutes. "Seasoning before cooking develops the best flavor," says Clark. Blot dry.
- Meanwhile, make relish: If using fresh tomatoes, dip them in a large pot of boiling water, 10 seconds.
- Let cool, then peel. (If using canned tomatoes, don't boil.) To seed tomatoes, simply cut them in half and squeeze. Core and dice fine.
- Heat 2 tbsp. butter in a large skillet over medium heat until it begins to brown.
- Add onion, fennel, and a pinch of salt and cook until vegetables are soft, about 10 minutes.
- Add garlic and cook 2 minutes; add cumin and cook 1 minute more, stirring often. Stir in tomatoes and cook until sauce is glossy and thickened, about 8 minutes. Stir in the remaining butter "to emulsify the sauce a bit," then add parsley. Season to taste with salt and pepper.
- Heat a large frying pan (cast-iron is best; with nonstick, you won't get a good crust) over medium-high heat until hot. Swirl in oil, then arrange scallops in a single layer in pan, with ample space around each. Cook without moving scallops until golden and crusty underneath, about 2 minutes; then turn and cook for about a minute.
- Remove from heat and let scallops sit in pan 1 minute; transfer to a plate, starting with the thinnest scallops.
- While scallops are cooking, spoon some relish into gratin dishes.
- Add a scallop or two to each. Top each with a dab of relish and a snippet of fennel fronds. "Any garnish should be part of the dish, and it should be eaten."

## Nutrition Facts



■ PROTEIN 20.61% ■ FAT 56.93% ■ CARBS 22.46%

## Properties

Glycemic Index:64.75, Glycemic Load:2.89, Inflammation Score:-9, Nutrition Score:16.332174010899%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 6.71mg, Quercetin: 6.71mg, Quercetin: 6.71mg, Quercetin: 6.71mg

## Nutrients (% of daily need)

Calories: 250.89kcal (12.54%), Fat: 16.31g (25.1%), Saturated Fat: 6.64g (41.47%), Carbohydrates: 14.48g (4.83%), Net Carbohydrates: 11.3g (4.11%), Sugar: 6.44g (7.15%), Cholesterol: 44.17mg (14.73%), Sodium: 729.22mg (31.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.29g (26.57%), Vitamin K: 67.63µg (64.41%), Vitamin A: 1971.99IU (39.44%), Vitamin C: 31.67mg (38.39%), Phosphorus: 367.51mg (36.75%), Vitamin B12: 1.29µg (21.45%), Potassium: 734.3mg (20.98%), Manganese: 0.35mg (17.66%), Selenium: 12.19µg (17.42%), Vitamin B6: 0.28mg (14.1%), Folate: 53.35µg (13.34%), Fiber: 3.19g (12.74%), Vitamin E: 1.89mg (12.57%), Magnesium: 48.24mg (12.06%), Vitamin B3: 1.89mg (9.43%), Zinc: 1.28mg (8.53%), Iron: 1.48mg (8.24%), Copper: 0.16mg (8.1%), Vitamin B1: 0.1mg (6.49%), Calcium: 49.99mg (5%), Vitamin B5: 0.45mg (4.49%), Vitamin B2: 0.07mg (4.05%)