

Seared Scallops Over Quick Veggie Power Blend™ Kimchi

Servings

8

Calories

270

Prep Time

4 hrs and 25
minutes

Total Time

5hrs and 15
minutes

Skill Level

Difficult

Ingredients

For the kimchi

- 2 pounds Mann's Veggie Power Blend™
- 1 head garlic, cloves separated and peeled
- 1 (2 inches) piece of ginger root
- ¼ cup fish sauce or Korean salted shrimp
- 1 Asian radish, peeled and grated
- 1 bunch of green onions, cut into 1-inch lengths
- ½ cup Korean chili powder
- 1 teaspoon sugar (optional)



For the scallops

- ¾ cup butter
- 3 tablespoons minced garlic
- 2 pounds large sea scallops
- Salt and pepper
- 2 tablespoons lemon juice, fresh

For the wontons

- 12 wonton wrappers
- vegetable oil for frying
- Sea salt



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The Method

For the kimchi

Combine garlic, ginger, and fish sauce or shrimp in a food processor or blender until finely minced. In a large bowl, combine radish, green onions, garlic mixture, chili powder, 1 tablespoon salt and optional sugar. Toss gently but thoroughly. Mix the radish mixture with the Power Blend. Refrigerate for at least 4 hours before eating.

For the scallops

Melt butter in a large skillet over medium-high heat. Stir in garlic, and cook for a few seconds until fragrant. Add scallops, and cook for several minutes on one side, then turn over, and continue cooking until firm and opaque. Remove scallops to a platter, then whisk salt, pepper, and lemon juice into butter. Pour sauce over scallops and kimchi to serve.

For the wontons

Heat your oil in a large wok or pan until it starts to shimmer. Drop the wonton skins in small batches into the oil and cook until golden brown and crispy. Remove, drain on paper towel, and coat liberally with salt. Add to the scallops and kimchi.

Recipe by Stephanie Goldfarb, Corporate Chef, Produce Alliance

Nutrition Facts

Serving Size: 230g | Servings: 12

Amount Per Serving

Calories 270 | Total Fat 14g (sat 8g trans 0g) | Cholesterol 60mg | Sodium 1300mg | Total Carbohydrate 20g | Dietary Fiber 5g
Sugars 4g | Protein 20g | Vitamin D 0% | Calcium 8% | Iron 15% | Potassium 15%