

Pasta with Scallops



Pasta with Scallops (not to be confused with Scalloped Pasta which would basically be mac 'n' cheese) is on the menu tonight.

You'll appreciate the lovely flavors of this seafood pasta. Small scallops (or bay scallops) are paired with seared fennel and green peas. The pasta dish gets a little motherly love, as it's tossed with a lemony Aglio e Olio sauce.

Preparation Time: 40 mins. - Servings: 2

Organize Your Ingredients!

Notes on Organizing

Prep all items and set them aside on plates or in bowls. They're easier to add and it's just more fun to have stuff ready. Prepare 4 cloves of chopped garlic for this recipe: 1 clove for the dressing and 3 cloves for the Aglio e Olio sauce. There are two onion preps: 1/4 C. chopped yellow onion for the dressing and 1/2 C. chopped green onions for the Aglio e Olio Sauce.

Seared Fennel/Pasta

2 tsp. good olive oil
1-1/2 C. fresh fennel (thin-sliced)
1/4 C. white wine

2 C. dry spiral pasta

Scallops/Aglio e Olio Sauce

Scallops:

2 fresh whole sage leaves (
2 tsp. good olive oil
8 oz. scallops or 16-20 bay scallops (rinsed)
1 T. lemon juice
1/4 C. low-sodium vegetable broth

Aglio e Olio Sauce

3 T. good olive oil
1/2 C. green onion (stems and bulbs chopped)
1/2 tsp. red pepper flakes
3 cloves garlic (smashed and chopped)
2 T. lemon juice
1/3 C. starchy pasta cooking water

2/3 C. frozen peas
1/4 C. water

Green Salad/Honey Mustard Dressing

Fixings for a green salad

Honey Mustard Dressing:

1 clove of garlic (smashed and chopped)
1/4 C. yellow onion (chopped)
2 tsp. prepared mustard
Pinch of salt
1 tsp. honey
2 T. good olive oil
2 T. rice wine vinegar
1/3 C. low-sodium vegetable broth

Garnish

2 T. parsley (chopped)
3 T. Parmesan cheese



Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Scallops should be cooked fast over relatively high heat. They'll cook in about 2 minutes per side. You want the pan to be hot so that they sear, or brown, quickly. Be sure not to overcook scallops or they'll get tough.

Seared Fennel:

1. Measure olive oil into a large sauté pan and heat over medium-high heat until oil shimmers.
2. Drop sliced fennel into the hot pan and toss about 2 minutes until fennel starts to char.
3. Add 1/4 C. white wine and toss until wine disappears. Remove fennel from pan. Set Aside.

Pasta:

1. Drop dry pasta into boiling water and cook 8 minutes or until tender. (Set a timer.)
2. When finished cooking, reserve 1/3 C. cooking water and then drain and rinse pasta.

Sear Fennel/Pasta

Green Salad/Honey Mustard Dressing

1. Make a couple of green salads on individual plates.
2. Blend Honey Mustard dressing ingredients in a food processor. Transfer dressing to a small serving pitcher.

Scallops

1. First make a few diagonal cuts in 2 whole sage leaves to release flavor. Keep the leaf whole. Don't completely slice or chop the leaves.
2. Heat measured olive oil on high heat in same sauté pan used for fennel. When oil starts to shimmer, add scallops and sage leaves. Toss until scallops begin to char or brown. This will only take 2-4 minutes per side. Add lemon juice and broth. Toss 1 more minute. Remove pan from heat.

Aglio e Olio Sauce

1. Using a separate small sauté pan, toss chopped green onions and pepper flakes in oil for about a minute. Add garlic and toss until garlic starts to sizzle and release its aroma. Mix lemon juice and 1/3 C. pasta water and pour over the garlic/onion mixture. Bring to a boil and pour over scallops.
2. For the final assembly, place peas and water in a medium-sized microwave-safe bowl, cover, and cook 3-4 minutes on high. Drain off water and add peas to pan with scallops. Lift sage leaves out of scallops pan and add seared fennel. Bring liquid to a boil. Fold cooked pasta together with scallops and vegetables. Remove from heat.
Divide pasta between two plates or shallow pasta bowls and garnish with parsley and Parmesan.

Scallops/Aglio e Olio Sauce

What I've Learned from this Recipe

You may wonder why I fussed with slicing the sage leaves. Savory fresh herbs like sage will release more of their flavorful oils if you take a sharp knife and make a few slices in the leaves. It's a better method of getting the flavor from the leaf than chopping the leaves. Using this method will give the essence of the sage without overpowering the pasta.

Let us know what you think, and ask any questions you may have. chezdon@plate6.com

