



## Moroccan-Spiced Scallop with Lentil Tabbouleh

**Active Time:** 20 minutes | **Total Time:** 20 minutes | **Serves:** 4

### Nutrition Information Per Serving

272.9 calories, 19.51 g carbohydrate, 6.33 g fiber, 13.18 g NET carbs, 25.37 g protein, 11 g fat

#### Ingredients

- 1 medium organic cucumber, peeled and diced
- 2 clove(s) organic garlic, chopped
- 1/4 cup(s) organic lemon juice
- 1 cup organic lentils
- 2 cup(s) fresh organic parsley, finely chopped
- 1 medium organic tomato, diced
- 1/4 tsp(s) sea salt
- 2 Tbsp(s) organic extra virgin olive oil
- 1 pound Patagonian sea scallops
- 1/2 tsp(s) organic ground cumin
- 2 tsp(s) organic avocado oil
- 2 tsp(s) organic ground ginger
- 1/2 tsp(s) ground coriander

#### Preparation

1. First, combine the salt, ginger, cumin and coriander.
2. Sprinkle seasoning mixture over scallops to coat.
3. Heat a medium safe nonstick skillet over medium heat. Add the avocado oil and heat until shimmering.
4. Add the scallops and cook 2-3 minutes, turning once. Remove from heat and cover to keep warm.
5. Place the lentils, parsley, cucumber, tomato, lemon juice, and garlic in a medium non-reactive bowl.
6. Mix well to combine.
7. Divide lentil mixture among plates, top with scallops and serve.

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