



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.

This free recipe cannot be redistributed without prior permission from MealGenius.com. If you have obtained this recipe from any source other than MealGenius.com please contact us.