Scallops in Lemongrass Sauce

Description

Scallops in lemongrass sauce is a simple Thai twist and simple preparation, very flavorful. Easy to make, ready in 20 minutes.

Summary

Yield: 4
Prep Time: 30 minutes
Category: Seafood
Cuisine: Thai

Ingredients

- 10 large scallops (fresh or frozen)
- 2 tbsps mediterranean seafood seasoning herbs
- 2 tbsps olive oil
- 2 tbsps lemon grass herb blend
- 1 tsp lemon juice
- 1 serrano chile, seeded and diced
- 1 bunch watercress, just leaves
- 4 cloves garlic, crushed (for saute and lemon grass sauce)

Instructions

Dust the scallops with the seafood seasoning herbs, coat thoroughly. Let stand to marinate while you prepare the lemongrass sauce.

In a separate small mixing bowl, combine the lemongrass herb blend, 2 cloves of crushed garlic, lemon juice and serrano chile. Stir to mix.

Heat the olive oil and the remaining 2 cloves of crushed garlic in a saute pan. Add the scallops, turn occasionally. Cook until opaque, about 10 minutes.

Arrange the scallops on a bed of watercress leaves. Spoon the lemon grass sauce over the scallops.

Notes

The Mediterranean seafood seasoning *365 brand* is readily available from Whole Foods.

The *Lemon Grass herb blend* is a paste that comes in a tube. You can find in the produce section or specialty foods section of many grocery stores (refrigerated).

We like the frozen scallops from Trader Joes. Frozen scallops from Costco also good. Of course, fresh scallops are great too!

The scallops are wonderful served over a bed of greens. The watercress is peppery and spicy, but other greens work well such as arugula. Also good over a pasta such as linguini.