
Grilled Scallops with Farro and Plum Salad

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Food Network Magazine - July/August 2021

Servings: 4

Start to Finish Time: 30 minutes

1 cup pearled farro

1 tablespoon grated orange zest

2 tablespoons orange juice

4 teaspoons sherry vinegar

1/4 cup extra-virgin olive oil

Kosher salt

freshly ground black pepper

1 pound (about four) plums, pitted and thinly sliced

1 small bulb fennel, trimmed, halved and thinly sliced

1 small shallot, thinly sliced

1/2 to one jalapeno pepper, thinly sliced

1 1/4 pounds (20 to 24) scallops

1 teaspoon ground coriander

1/2 cup fresh mint, coarsely chopped

Cook the farro according to package directions.

Meanwhile, in a large bowl, whisk the orange juice, vinegar and olive oil. Season with 1/2 teaspoon of salt and 1/2 teaspoon of pepper. Add the plums, fennel, shallot and jalapeno. Toss well to coat.

Preheat a grill to medium-high. Oil the grates.

In a bowl, toss the scallops with the coriander, orange zest, 1/4 teaspoon salt and 1/4 teaspoon pepper. Grill the scallops until browned, about 2 minutes per side. Transfer to a large plate.

Fluff the farro with a fork and add it to the plum-fennel mixture. Stir in the mint.

Divide the farro salad among plates and top with the scallions.

Seafood

Per Serving (excluding unknown items): 151 Calories; 14g Fat (79.4% calories from fat); 1g Protein; 7g Carbohydrate; 2g Dietary Fiber; 1mg Cholesterol; 20mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 1/2 Fat; 0 Other Carbohydrates.