



**Classic and Essential Nutrition**  
A Corporate Nutrition & Healthy Lifestyles Consultancy



## Pan Seared Scallops and Shrimp Over Penne Pasta (6 servings)

### Ingredients

- |                                            |                                            |
|--------------------------------------------|--------------------------------------------|
| 1 pound penne pasta ( <i>gluten free</i> ) | 4 cups fresh broccoli florets              |
| 2 Tbsps extra virgin olive oil             | 2 cups cherry tomatoes - halved            |
| 2 Tbsps vegan butter                       | 1/4 cup flat leaf parsley - chopped        |
| 3 Tbsps water                              | 1/4 cup vegan parmesan cheese - shredded   |
| 1 pound sea scallops                       | 1 tsp hot pepper flakes ( <i>or more</i> ) |
| 1 pound large wild caught shrimp           | Salt and pepper to taste                   |
| 6 cloves garlic, thinly sliced             |                                            |

### Preparation

- Bring 4-6 quarts of water to a rolling boil, add salt to taste. Add penne pasta and stir gently. For “al dente” (firmer) pasta, return to a boil, uncovered, stirring occasionally for 11 minutes. For more tender pasta, boil for one additional minute. Remove from heat and drain well, set pasta aside.
- Preheat a large cast iron skillet over medium high heat.
- Pat scallops dry with a paper towel, and season them with a sprinkle of salt and pepper. When the pan is hot, add olive oil, drop in scallops, leaving enough space between each, so that they don’t steam cook. To sear, the scallops must sizzle when you place them into the pan. Cook the scallops 2 minutes, per side, making sure not to move them. Using tongs, flip the scallops over, add butter to the pan, and let the scallops cook for an additional minute, basting constantly with the hot butter.
- Use any remaining oil/butter in the pan to use for cooking the shrimp.
- Pat shrimp dry with a paper towel, and season with a sprinkle of salt and pepper. Repeat the same cooking process used for the scallops. (*Continued*)



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- Using the same skillet, add 1 tablespoon of olive oil to any residual oil/butter. Add the garlic slices and cook over a medium-low heat for 1 minute, stirring constantly, until golden and fragrant. Using a slotted spoon, transfer the garlic to a small dish.
- Increase the heat to medium-high and add the broccoli, and red pepper flakes to the pan, season with salt and black pepper and stir.
- Add the water. Cover and steam for about 3 minutes. Remove cover, and allow the broccoli to continue cooking, stirring occasionally, until the broccoli is lightly browned, but remains crisp/tender. When the liquid has evaporated, add the tomatoes and cook for an additional 1-2 minutes.
- Toss pasta, broccoli, garlic, cherry tomatoes and parsley together, place scallops and shrimp on top of the pasta mixture, sprinkle with shredded vegan parmesan cheese.

*Serve with your favorite crusty bread. Enjoy!*