

## Moroccan-Spiced Scallops with Tomato Couscous

Fresh and Simple Tomatoes | September 2008



*Israeli couscous, also known as pearl couscous, is the size of small pearls. You can purchase it at [chefshop.com](http://chefshop.com).*

START TO FINISH: 25 MINUTES

- 1 1/2 CUPS WATER
- 1/2 CUP GOLDEN RAISINS
- 1 3-INCH PIECE STICK CINNAMON
- 1/2 TSP. SEA SALT
- 1/8 TSP. CAYENNE PEPPER
- 1 CUP ISRAELI COUSCOUS
- 2 MEDIUM RED AND/OR GREEN TOMATOES, CHOPPED
- 2 TBSP. CHOPPED FRESH MINT
- 1 TSP. FINELY SHREDDED LEMON PEEL
- 1 1/2 LB. SMALL SEA SCALLOPS
- 1 TSP. GROUND CUMIN
- 1 TSP. GROUND CORIANDER
- 1/4 TSP. SEA SALT
- 1/8 TSP. CAYENNE PEPPER
- 1 TBSP. EXTRA-VIRGIN OLIVE OIL
- MANGO CHUTNEY (OPTIONAL)

In a medium saucepan bring water, raisins, stick cinnamon, 1/2 teaspoon salt, and 1/8 teaspoon cayenne pepper to boiling. Stir in couscous. Reduce heat. Cover; simmer for 10 to 12 minutes or until liquid is absorbed and couscous is tender. Discard stick cinnamon. Stir in tomatoes, mint, and lemon peel.

Meanwhile, in a medium bowl toss together scallops, cumin, coriander, 1/4 teaspoon salt, and 1/8 teaspoon cayenne pepper. In a heavy large skillet (cast iron works well) cook scallops, half at a time, in hot oil for 5 to 6 minutes or until browned and opaque, turning once.

To serve, spoon couscous mixture onto a platter. Top with scallops. Serve with chutney, if desired. Makes 4 servings.

Per serving: 377 cal., 5 g total fat (1 g sat. fat), 56 mg chol., 583 mg sodium, 48 g carbo., 3 g dietary fiber, 35 g protein.