



Thai Seafood Salad



Photo by: Photo: John Autry;
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YIELD: 6 servings (serving size: about 1 1/3 cups)

TOTAL: 20 MINUTES

COURSE: Main Dishes, Salads

Ingredients

1/4 cup water

8 ounces sea scallops

1 pound peeled and deveined medium shrimp

5 tablespoons fresh lime juice

2 1/2 tablespoons fish sauce

1 teaspoon sugar

1 teaspoon chile paste with garlic

1 cup red bell pepper strips

1/2 cup prechopped red onion

1/4 cup fresh mint leaves, finely chopped

8 ounces lump crabmeat, drained and shell pieces removed

2 fresh lemongrass stalks, trimmed and thinly sliced

1 cucumber, halved lengthwise and thinly sliced

Preparation

1. Bring 1/4 cup water to a simmer in a large skillet. Add scallops to pan; cover and cook 3 minutes or until done. Remove scallops from pan with a slotted spoon; pat scallops dry with paper towels. Place scallops in a large bowl. Add shrimp to simmering water in pan; cover and cook 3 minutes or until done. Drain well; add to scallops.
2. While scallops and shrimp cook, combine lime juice, fish sauce, sugar, and chile paste; stir to dissolve sugar.
3. Add juice mixture, bell pepper, and remaining ingredients to scallop mixture; toss gently to combine.

Nutritional Information

Amount per serving

Calories: 180
Fat: 2.4g
Saturated fat: 0.4g
Monounsaturated fat: 0.3g
Polyunsaturated fat: 0.9g
Protein: 30.9g
Carbohydrate: 8.5g
Fiber: 1g
Cholesterol: 165mg
Iron: 3mg
Sodium: 756mg
Calcium: 110mg

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