

Curried Scallops with Spinach

Recipe Cookbook: Food and Wine Quick from Scratch

Prep Time: 5 minutes

Cooking Time: 11 minutes

INGREDIENTS:

2 TBS butter
1 onion, chopped
1/2 tsp salt
2 tsp curry powder
2 tsp tomato paste
1/2 C canned low-sodium chicken broth
1 C light cream (or half & half)
2 C shredded fresh spinach (about 3 oz spinach leaves)
2 lbs sea scallops

DIRECTIONS:

In large frying pan, melt butter over moderately low heat. Add onion & salt - cook, stirring occasionally, till onion starts to soften (about 3 minutes). Stir in curry powder & cook 1 minute.

Transfer onion mixture to blender & add tomato paste, broth & cream. Puree till smooth. Return sauce to pan.

Bring curry sauce just to a simmer. Stir in spinach & scallops. Simmer, covered, till scallops are just done (5-7 minutes).

Serves: 4