

Prosciutto-wrapped scallops with spinach

Search:

- [Dinner](#)
- [Seafood](#)
- [Recipes](#)

Prosciutto-wrapped scallops with spinach

```
(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js = d.createElement(s); js.id = id; js.src = "//connect.facebook.net/en_US/all.js#xfbml=1"; fjs.parentNode.insertBefore(js, fjs); }(document, 'script', 'facebook-jssdk'));  
Tweet !function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.createElement(s);js.id=id;js.src="https://platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,fjs);}}(document,"script","twitter-wjs");
```



```
(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true; po.src = 'https://apis.google.com/js/plusone.js'; var s = document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();
```

[Add to favorites](#)

Prosciutto-wrapped scallops with spinach



Rate this recipe

2 people are cooking this [Count me in](#)

This take on the classic bacon-wrapped appetiser uses prosciutto instead to wrap meaty scallops.

High-quality Italian prosciutto, found at well-stocked supermarkets or Italian specialty stores, has an incomparable melt-in-your-mouth texture. It's more expensive, but you only need a little for this recipe.

Ingredients (serves 4)

- 12 large dry sea scallops (about 450g; see Note)
- ¼ tsp lemon pepper
- 35 g very thinly sliced prosciutto (about 3 slices), cut into 12 long strips
- 3 tbsp extra-virgin olive oil
- 1 tsp freshly grated lemon zest
- 1 tbsp lemon juice
- 340 g baby spinach
- Salt and pepper, to taste

Method

Place rack in upper-third of oven; preheat broiler. Coat a large baking sheet with cooking spray.

Pat scallops dry and sprinkle both sides with lemon pepper. Wrap one piece of prosciutto around each scallop. Thread three scallops crosswise onto each skewer (securing the prosciutto to the

Prosciutto-wrapped scallops with spinach

scallop) and place on the prepared baking sheet. Broil until just cooked through, about six minutes.

Meanwhile, whisk oil, lemon zest, lemon juice, salt and pepper in a medium bowl. Reserve one tablespoon vinaigrette in a small bowl.

Place spinach in a colander and rinse under cold water. Heat a large skillet over medium heat. When hot, add handfuls of spinach (with water still clinging to it) to the pan and cook, stirring, until just wilted, two to three minutes. Drain the spinach and add to the medium bowl; toss to coat with the vinaigrette. Divide the spinach among four plates and top each portion with three scallops.

Drizzle the scallops with the reserved vinaigrette.

Recipe Tips & Notes:

Be sure to buy 'dry' sea scallops (scallops that have not been treated with sodium tripolyphosphate, or STP). Scallops that have been treated with STP ('wet' scallops) have been subjected to a chemical bath and are not only mushy and less flavourful, but will not brown properly.

```
function displayNutrition(msg) { $('.nutrition-label-container').text(msg); $('.nutrition-label-container').fadeOut(1000, function() { c_obj = $(this); window.setTimeout(function() { $(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/' + nid, function(data) { //$('.result').html(data); alert('This recipe was added to your favorites list'); }); }
```