

SPICY SAUCY SCALLOPS WITH TOMATOES AND TAMARI, BAKED IN A PACKET
by radish*rose

Inspired by Spicy Scallops En Papillote from [Fish: Complete Guide to Buying and Cooking](#) by Mark Bittman

Serves 2

Ingredients:

1 lb. large bay or sea scallops (9-10 scallops), carefully rinsed
1/2-1 tsp. red pepper flakes, or to taste (you could also try ground chipotle)
1 c. fresh tomato, chopped
3 cloves garlic, pressed or minced
1/4 c. green onion, sliced
1 tsp. sesame oil
2 tsp. canola or peanut oil
1 T. tamari
More sliced green onions for garnish, optional

Equipment: Medium bowl, small casserole or pie plate, aluminum foil

Method:

Preheat oven to 450 degrees F.

In your medium bowl, mix the chopped tomatoes, garlic, green onion, sesame oil, canola or peanut oil, and tamari.

Place two large squares of aluminum foil on a flat surface (counter or tabletop). Spoon 1/2 the scallops on each (4-5 scallops). Top with 1/2 the tomato mixture. **To create the packets:** Lift opposite (parallel) sides of foil and bring them together at the top. Fold over 1/2 inch, then 1/2 inch more at top to create a seal (but still leave room for the fish and tomatoes). For remaining ends, fold each over 1/2 inch, then 1/2 inch more to create a sealed packet. Repeat for other foil square.

Place both packets in small casserole or pie plate (in case they leak). Bake at 450 degrees F for 20-25 minutes. To check for doneness, pierce packet with knife and make sure scallops are cooked through (opaque white rather than translucent).

I like to serve this over rice since it is very juicy, with additional sliced green onions on top. You could also serve it over greens. Enjoy!

Original post: <http://radishrosecooks.com/2014/05/26/scallops-with-tomatoes-and-tamari-baked-in-a-packet>

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