

Angel Hair Pasta with Scallops and Arugula



SOURCE: W.S. Web Site

SERVERS: 4

PREP TIME: 30 min

COOKING TIME: 25 Min

- 2 lbs. large sea scallops
- 1/4 cup extra-virgin olive oil
- Grated zest of 1 lemon
- 3 large fresh thyme sprigs leaves Minced
- 4 Tbs. (1/2 stick) unsalted butter
- 5 shallots, minced
- 1 lb. angel hair pasta
- Juice of 1 lemon
- 1 cup chicken stock
- 1/4 cup salt-packed capers, rinsed and drained
- 1/2 cup pine nuts, lightly toasted
- 1 large bunch, small leaved Arugula, stems removed

- Rinse the scallops and dry well with paper towels.
- Season the scallops with salt and pepper.
- (PASTA) Bring a large pot of water to a boil over high heat. Generously salt the boiling water
- In a large, heavy fry pan over high heat, warm the olive oil until it shimmers.
- In batches without crowding, add the scallops and sear until nicely browned on one side, about **2 minutes**.
- Turn the scallops over and brown the other side, about **1 minute** more.
- Return all the scallops to the pan, add the lemon zest and thyme, and cook for a moment.
- Using a slotted spoon, transfer the scallops to a bowl.
- Reduce heat to low, add butter and shallots to the pan. Sauté until softened, about **4 min**
- (PASTA) Add the pasta to pot, cook until tender but firm to the bite, **3 to 4 minutes**.
- Warm large, shallow bowls for serving
- Add the lemon juice and stock to the fry pan and deglaze the pan, stirring to scrape up the browned bits from the bottom.
- Simmer until slightly thickened, **4 to 5 minutes**.
- Drain the pasta well and add it to the fry pan.
- Add the scallops and any juices that have accumulated
- Add the capers and pine nuts.
- Toss over low heat to finish cooking the scallops and mix the ingredients, about **1 minute**.
- Taste and adjust the seasonings.
- Transfer to a warmed large, shallow bowl, add the arugula leaves and toss gently.