

# Mango & Ginger Scallops



**Active:** 20 mins

**Servings:** 4

**Total:** 30 mins

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## Ingredients

- |   |   |
|---|---|
| 1 large firm-ripe mango, peeled and thinly sliced                         | Black pepper                                |
| 2 shallots, sliced in thin rounds   | 2 teaspoons vanilla, divided                |
| 1 jalapeño chile, sliced in thin rounds, seeds removed                    | 2 tablespoons unsalted butter, cubed        |
| 1 knob (2 inches) fresh ginger, peeled, very thinly sliced, and julienned | 4 thin lime slices                          |
| 1 pound sea scallops  | Black beans and tortilla chips, for serving |
| Salt  |   |

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## Directions

### Step 1

Preheat oven to 450°F. Prepare four parchment hearts.

### Step 2

Arrange mango slices over half of parchment paper. Divide shallots, chile rounds, and ginger over mango; divide scallops over top. Season generously with salt and pepper. Drizzle 1/2 tsp. vanilla over each batch of scallops; dot with butter. Top with a slice of lime, then seal.

### Step 3

Arrange the packets on two large baking sheets. Bake 10 minutes, switching pan position halfway through. Transfer packets to plates with a wide spatula. Slit tops; gently open. Serve with the black beans and tortilla chips.

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## **Nutrition Facts**

### **Per Serving:**

445 calories; total fat 13g; saturated fat 8g; sodium 1060mg;  
carbohydrates 54g; fiber 7g; sugar 12g; protein 28g.

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