

STEIN'S AT HOME

# The Healthy Seafood Menu



Steamed Scallops



Miso Salmon



Panna Cotta



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# Steamed Scallops

with soy and ginger

## Ingredients:

Scallops | Ginger | Spring onions | Coriander  
Sesame and soy dressing

## Cooking Instructions:

Put 2.5cm of **water** in a pan, large enough to have the **scallops** in a single layer.

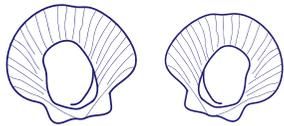
Take the **scallops** and place them shell-side down in the pan.

Roughly chop the **ginger** and sprinkle over the top of each **scallop**.

Turn to full heat, put the lid on the pan and steam for 3-4 minutes.

In the meantime, thinly slice the **spring onions** and roughly chop the **coriander**.

Remove the **scallops** and place three onto each plate and top with the **dressing, spring onions** and half of the **coriander**.



*Steaming scallops is one of the best ways to cook them, and this simple Chinese inspired dish is a perfect healthy starter.*

# Miso Salmon

with noodles

## Ingredients:

Salmon fillets | Vegetable oil | Miso glaze  
Noodle bag | Seasoning pot

## Cooking Instructions:

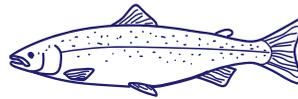
Preheat the grill to high.

Brush the **salmon fillets** on both sides with some of the **oil**, season with **salt** and freshly ground **black pepper**. Cover with three quarters of the **miso glaze**.

Grill the **salmon** for 5-6 minutes so that it's still pink inside.

Heat the rest of the **oil** in a wok and stir fry the contents of the **noodle bag** for 2 minutes, add the **seasoning pot** at the end.

Place the **noodles** on two warmed plates with the **salmon** on top, pour around the residual **cooking juices** from the tray and the remaining **miso glaze**, then sprinkle on the **coriander** leftover from the starter.



*Salmon is full of healthy fish oils and this way of cooking it with a simple stir fry is delicious.*

# Panna Cotta

with rhubarb

## Ingredients:

Panna cotta | Rhubarb | Ginger shortbread

## To Serve:

Put some **hot water** into a bowl and dip the **panna cotta** containers into the **hot water** for around 10 seconds to loosen, then turn them out onto two plates.

Garnish with the **rhubarb** and the **ginger shortbread**.

*This light Italian set dessert with winter rhubarb is just healthy enough.*

Made in an environment handling: **CELERY, CEREALS CONTAINING GLUTEN** (such as barley and oats), **CRUSTACEANS** (such as prawns, crabs and lobsters), **EGGS, FISH, MILK, MOLLUSCS** (such as mussels and oysters), **MUSTARD, PEANUTS, SESAME, SOYBEANS, SULPHUR DIOXIDE AND SULPHITES, NUTS**

Please **refrigerate items** after opening your box.  
Box contains **gel packs** which are designed to keep the food cool, please dispose of these.  
Occasionally we may need to substitute products if we're unable to source from our suppliers.