



THERE'S PLENTY OF FISH IN OUR SEA!

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Name: David Brooks

Recipe Title: Scallops and Fall Spaghetti Squash

Recipe Ingredients:

- Extra virgin olive oil=EVOO
- Garlic cloves sliced.
- Thyme
- Salt
- Pepper
- Fresh Large Sea Scallops
- Sea salt
- Fresh Spaghetti Squash
- Fresh micro greens
- Fresh micro wasabi
- Wasabi paste
- Parmesan

**EVOO=Extra Virgin Olive Oil

**S&P=Salt and Pepper

**SS&P=Sea Salt and Pepper

Recipe Instructions

1. Preheat the oven to 350 to 375 (check with kitchen staff to see strength of ovens)

2. Cut the spaghetti squashes into halves and scoop out the insides leaving the “meat” of the squash behind.
3. Put the two halves onto a baking sheet face up.
4. Clean a head of garlic and slice it thinly.
5. Spread the garlic into the inside of the squash. Use the sea salt and fresh ground black pepper. Use a lot without overdoing.
6. Drizzle with a 50/50 vegetable and olive oil mix. (Shake before applying) Cover all of inside.
7. Place on the upper middle rack in the oven and cook for approximately 30-40 minutes until the squash releases from the skin with little assistance.
8. Remove from oven and place in the freezer for 20 minutes, do this before separating from skin.
9. Use a large fork to scoop the strands from the skin, add a little bit of fresh parmesan.

Scallops:

1. Remove muscle
2. Pat dry
3. Marinate scallops for 20 minutes with EVOO, garlic, thyme S&P mix and a little wasabi paste mixed thoroughly.
4. Prior to sauteeing, sprinkle super lightly with SS&P. Heat only enough EVOO
5. Sautee on medium high heat until bottom edges turn light golden brown, then flip. Core temp = 145 and should be firm. Cook for 1-2 min per side.
6. Take the spaghetti squash and cut the shell into proportionate sizes for plating and reapply the product of squash into shell.
7. Top with scallop(s) and garnish with micro greens and micro wasabi. Add couple grains of SS&P to taste.