



Orecchiette with Sea Urchin, Fava Beans and Bay Scallops

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Recipe created by Stefano Terzi

Instructions

In a large rondo add half of the oil, the minced shallot, and chili flakes then cook until translucent.

Add half of the fava beans.

Add some water, just enough to cover the fava beans, and let it slowly cook until the fava beans start to break apart. Adjust the seasonings with salt and pepper.

Puree everything with a blender.

Bring a pot of water to a boil and cook the pasta according to the directions.

In a separate skillet sauté the bay scallops with a drizzle of extra virgin olive oil.

Add the scallops and the remaining fava beans to the fava bean puree.

When the pasta is cooked al dente, drain it and add to the fava bean sauce reserving 1 cup of the cooking water.

Add the sea urchin and parsley to the pasta then drizzle in the remaining extra virgin olive oil.

Mix well and serve on beautiful plates either individually or on a large serving platter family style.

Ingredients

3 lb Barilla Orecchiette

1 cup shallots, minced

1 ½ cups extra virgin olive oil

3 cups fava beans, blanched and cleaned

1 tsp red chili flakes

12 oz sea urchin

12 oz bay scallops

¾ cup flat leaf parsley, chopped

Salt and black pepper to taste

Nutritional Info

This information is per serving.

Nutrition Facts

Serving Size 125g

Servings Per Container

Amount Per Serving

Calories 410

Calories from Fat 135

% Daily Value*

Total Fat 15g

23%

Saturated Fat 2.5g

13%

Trans Fat 0g

Cholesterol 5mg

2%

Sodium 115mg

5%

Total Carbohydrate 55g

18%

Dietary Fiber 7g

28%

Sugars 4g

Protein 16g

32%

Vitamin A %

Vitamin C %

Calcium 23%

Iron 3%

Allergy Information: Contains Egg, Fish, Milk, Peanut, Shellfish, Soy, Tree Nuts, Wheat. May also contain Crustaceans, Gluten Mustard, Sesame Seeds.

*Percent Daily Values are based on a 2,000 calorie diet.

Please note: for the purpose of the nutritional assessment, total sodium does not include salt added to the cooking water. When salt is listed "as needed" in the ingredient list, 1 tsp total is included in the analysis.