



Broiled Seafood with Lemon Cream Sauce

Gaggenau Appliance: Combi Microwave Oven

Heating Mode: Convection Broil

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Makes: 2 servings

Seafood broiled with garlic, lemon, parsley and capers cooks in 5 minutes and makes a great topping for a quick pasta dish. The broiled seafood is delicious with a lemon cream sauce or your favorite marinara sauce.

For the seafood:

½ lb (250 g) diver scallops, halved
 ½ lb (250 g) large, peeled and deveined shrimp
 3 cloves garlic, minced
 2 tbsp Italian parsley, minced
 1 tbsp capers, rinsed
 ½ small lemon, cut into ½" (1 cm) thick slices and quartered
 Pinch of dried red chilis
 Olive oil

For the lemon cream sauce:

½ lb (250 g) cooked pasta
 ½ cup (125 mL) cream
 1 lemon, juiced and zested

Combine all the ingredients on the glass oven tray with enough olive oil to lightly coat the ingredients. Season with salt and pepper.

Place the tray in the oven on rack position 4, counting up from the bottom. Select the Convection Broil mode with the left control knob and set the temperature to 425°F with the right control knob. Cook for 5 minutes. Remove the seafood from the tray with a slotted spoon and serve over the prepared pasta.

For the pasta:

Cook the pasta as directed, drain, reserving ½ cup of the pasta water and return to the pot. Meanwhile, heat ½ cup of cream and zest of 1 lemon over moderate heat in a small saucepan. Bring to a gentle boil and simmer until slightly thickened, add the lemon juice and some fresh pepper. Pour the sauce over the pasta adding a little reserved pasta water if needed to create a thin sauce. Taste and season with salt, pepper and additional lemon juice as needed.