

# Seared Scallops and Spinach with Pomegranate Glaze

This elegant scallops and spinach dinner recipe is perfect for the holidays or a date night in.

By **Erin Hooker** | Updated on August 13, 2024

**Total Time:** 30 mins

**Servings:** 4

**Yield:** 3 scallops, 1/2 cup cooked spinach, and 2 tablespoons sauce per serving

## Ingredients

12 large fresh or frozen sea scallops (about 1 1/4 pounds total)

3/4 cup 100% pomegranate juice

2 Tbsp. honey

1/2 tsp. ground coriander

1/8 tsp. ground cinnamon

1 Tbsp. lemon juice

3/4 tsp. cornstarch

3 tsp. vegetable oil

1/4 tsp. sugar

1/4 tsp. ground black pepper

1 (10-ounce) pkg. fresh baby spinach

Pinch salt

1/4 cup pomegranate seeds\*

## Directions

### Step 1

Thaw scallops, if frozen. Rinse scallops; pat very dry with paper towels. Remove the small muscles if still attached. Set aside.

### Step 2

For sauce, in a medium saucepan combine pomegranate juice, honey, coriander, and cinnamon; bring to boiling over medium-high heat. In a small bowl combine lemon juice and cornstarch; stir into boiling juice mixture. Gently boil, uncovered, about 10 minutes or until reduced and slightly syrupy. Set aside.

### Step 3

Meanwhile, in an extra-large nonstick skillet heat 1 teaspoon of the oil over medium-high heat, brushing to coat the skillet. Sprinkle scallops with the sugar and 1/8 teaspoon of the pepper. When skillet is very hot, add scallops; cook for 2 minutes without stirring or turning (the scallops should be well seared). Turn scallops; cook for 1 to 2 minutes more or just until scallops are opaque in the center. Transfer to a plate.

### Step 4

Wipe skillet clean; add the remaining 2 teaspoons oil. Add spinach in batches; toss for 1 to 2 minutes or just until slightly wilted. Season with the pinch of salt and the remaining 1/8 teaspoon pepper.

### Step 5

Arrange scallops and spinach on four serving plates; drizzle with sauce. Sprinkle with pomegranate seeds.

#### TIP

**Test Kitchen Tip:** Find packages of fresh pomegranate seeds in your grocer's produce or freezer section. These might be more expensive than buying whole pomegranates, but it will save you time (and stains!) from seeding the fruit.

## Nutrition Facts

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Per serving: 214 calories; total fat 4g; cholesterol 34mg; sodium 651mg; total carbohydrate 25g; total sugars 16g; protein 19g; vitamin c 22mg; calcium 81mg; iron 3mg; potassium 406mg

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