

Scallop Rigatoni

Courtesy of La Gran Terraza | University of San Diego

(Serves 4 people)

9 oz Scallops

8 oz Rigatoni Pasta

Sauce

2 oz of Wild Mushrooms

2 oz Red Peppers

1 oz Parmesan Cheese

2 oz of Heavy Cream

Preparation

1. Place a quart size pot full of water on stove at medium heat and bring water to a boil.
2. Add pasta and boil for 6 minutes. Strain and set to the side.

Sauce:

1. Saute sliced wild mushrooms and sliced red peppers until tender. Pour in cream and set aside.

Scallops:

1. Lightly oil a non-stick pan. Salt and pepper scallops and add to the pan. Allow to cook on one side until golden brown on the bottom edge of scallop. Turn over and allow to cook for 30 seconds more. Set aside and prepare to plate.
2. Toss your pasta in the sauce making sure sauce is still warm. Next add parmesan then place pasta with sauce in bowl. Place scallops on top. Bon appetit!

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