

West Coast Sea Products Ltd

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Oriental Scallops with Courgettes

8 scallops, fresh or defrosted, sliced
1 x 5ml spoon (1 teaspoon) olive oil
1 small red onion, finely chopped
2 small courgettes, thinly sliced
salt and black pepper
2 tarragon sprigs, leaves removed
4 x 15ml spoon (4 tablespoons) single cream

Heat the oil, add the onion and stir fry on a moderate heat until soft.

Add courgettes, seasoning, tarragon and scallops, cook for a further 2 minutes.

Add cream, stir briefly to heat without boiling.

Serve at once, on a bed of noodles or wild rice.

Serves 2

**NUTRITIONAL VALUES PER PORTION (APPROX) 226 Kilocalories;
17g Protein; 25g Carbohydrate; 7g Fat; 5g Fibre.**