

## **West Coast Sea Products Ltd**

Dee Walk, Kirkcudbright, Dumfries & Galloway, Scotland, DG6 4DQ

Tel: 01557 330789 Fax: 01557 331595

Email: [info@westcoastseaproducts.co.uk](mailto:info@westcoastseaproducts.co.uk) WebSite: [www.westcoastseaproducts.co.uk](http://www.westcoastseaproducts.co.uk)

### Stir Fried Scallops

225g (8oz) prepared scallops, fresh or defrosted

2 x 15ml spoon (2 tablespoons) vegetable oil

1 small courgette, cut into strips

3 sticks of celery, sliced

85g (3oz) carrots, cut into strips

85g (3oz) spring onions, sliced

salt and black pepper

Cut the scallops into thin slices, leaving the coral whole.

Heat the oil in a wok or large pan and fry the scallops for about 3 minutes.

Add the courgette, celery, carrots and spring onions and stir fry for a further 3 minutes until scallops are cooked and vegetables just begin to soften. Season.

Serve immediately with Chinese noodles.

Serves 2

NUTRITIONAL VALUES PER PORTION (APPROX) 265 Kilocalories;  
28g Protein; 13g Fat; 9g Carbohydrate; 2g Fibre.