KIKKOMAN

Scallop stir-fry with cauliflower & peas

Total time **25 mins** **10 mins** preparation time **15 mins** cooking time

Nutritional facts (per portion):
1,500 kJ / 360 kcal

Fat: **17 g** Protein: **28 g**
Carbohydrates: **20 g**

INGREDIENTS

2 portion(s)

200 g	scallops, meat only
0.25 tsp	yellow curry powder
90 ml	Kikkoman Naturally Brewed Soy Sauce
250 g	cauliflower
0.5 bunch	of spring onions
1	stick of celery
	Oil for cooking (e.g. rapeseed)
1 tbsp	Kikkoman Toasted Sesame Oil
150 g	frozen green peas
50 g	sugar snap peas
1 tsp	grated lemon zest
0.5 bunch	of mint, chopped
1 tbsp	lemon juice
0.5	chilli pepper, chopped (optional)

Garnish:

1 handful	of pea sprouts (optional)
1	lemon, halved (optional)

PREPARATION

Step 1

Cut the scallops into quarters. Season with a pinch of yellow curry powder and drizzle with approx. 30 ml Kikkoman Soy Sauce.

Step 2

Cut the cauliflower into florets. Finely chop the white part of the spring onion and cut the green part into 2 cm pieces. Thinly slice the celery.

Step 3

Heat a little cooking oil in the pan. Add the scallops and cook for about 1 minute over a high heat. Stir and cook for a further minute and remove from the pan. Pour the Kikkoman Sesame Oil into the same pan and add the cauliflower, then fry for approx. 2 minutes. Add the frozen peas, celery and the white part of the spring onion and cook for about 2 minutes. Then add the scallops, sugar snap peas, the green part of the spring onion and the lemon zest. Season with the Kikkoman Soy Sauce and cook for another minute. Finally, add the chopped mint and season with the lemon juice and chilli pepper.

Step 4

Serve with the pea sprouts and/or a halved lemon if desired.