

# Scallops with chili

Nutritional facts (per portion):  
**440 kJ / 105 kcal**

Fat: **7 g** Protein: **8.8 g**  
Carbohydrates: **1.4 g**

## INGREDIENTS

4 portion(s)

<b>1</b>	spring onion
<b>120 g</b>	spinach
<b>10 ml</b>	vegetable oil
<b>20 g</b>	butter
<b>1 pinch</b>	of pepper
<b>4 tbsp</b>	Kikkoman Naturally Brewed Less Salt Soy Sauce
<b>0.5 tsp</b>	shichimi (seven spices) or chili
<b>12 piece</b>	scallops chili strips

## PREPARATION

### Step 1

Slice spring onion into very thin rings, rinse well with water and remove all moisture. Clean spinach, dry and chop. Preheat half of the oil in frying pan and stir-fry spinach for a moment. Add butter and season with pepper.

### Step 2

Pour Kikkoman Naturally Brewed Less Salt Soy Sauce into a bowl and mix well with shichimi or chili. Preheat the rest of the oil in frying pan and fry scallops on both sides until medium done. Remove frying pan from the heat and leave aside.

### Step 3

Add soy sauce with chili and put on the heat again. Shake frying pan so the sauce coats scallops on all sides. Serve hot scallops on fried spinach, sprinkle with remaining sauce and garnish with spring onions and chili strips.