



# Wok Fried Scallops

SERVES 4

## INGREDIENTS

2 tablespoons soy sauce  
1 teaspoon sesame oil  
4 x 120g scallops (females)  
4 x 220g scallops (males)  
2 tablespoons fish sauce  
½ cup water  
Olive oil spray  
2cm piece of ginger, peeled and thinly shredded  
1 clove garlic, thinly shredded  
400g snow peas, trimmed and thinly shredded  
2 shallots, thinly shredded diagonally  
1 red pepper, seeded and thinly sliced

## METHOD

1. Remove scallops from shell.
2. Mix half the soy sauce, sesame oil and scallops in a bowl. Toss.
3. In a second bowl combine fish sauce, water and the remaining soy sauce. Set aside.
4. Heat a wok on high, spray with olive oil and stir fry half the scallops until cooked. Remove and repeat with remaining scallops.
5. Wipe wok clean and add ginger, garlic, snow peas, shallots and pepper. Stir fry for 2 minutes. Add reserved fish sauce mixture and bring to boil.

