

Chilli scallop and noodles

Serves: 2

Nutrition per serving:
297kcal per serving.



Ingredients:

- 100g rice noodles
- 4 tbsp vegetable stock
- 1 small onion, finely chopped
- 2 garlic cloves, crushed
- 2 tsp minced ginger
- 200g frozen scallops, defrosted
- 1 red pepper, thinly sliced
- 80g mangetout
- 4 spring onions, sliced
- 25g cashew nuts
- 2 tsp light soy sauce
- 1/2 Thai bird eye chilli, thinly sliced
- Coriander leaves

Method:

1. Cook the noodles as directed, and drain. Meanwhile, put the stock, onion, garlic and ginger in a large, non-stick frying pan or wok and cook until softened.
2. Add the scallops and cook for 2 mins each side, then remove and cover to keep warm.
3. Add the rest of the vegetables, the cashews and the soy sauce, and stir-fry for 3-4 mins.
4. Serve on a bed noodles, topped with the scallops and garnished with the chilli coriander.