

Stir-Fry Scallop with Broccoli

Yield: 16 oz portion



Ingredients:

Scallops	12 pieces (6-8 oz)
Blanched Broccoli sprigs	12 oz
Minced Garlic	1 tsp
Red Bell Pepper for garnish, Julienne	A few rings
Green Onion for garnish	
Vegetable Oil	2 Tbsp

Seasonings:

AMOY Chinese Stir-fry Sauce	1 2/3 Tbsp
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Preparation:

1. Heat oil, lightly pan fry the scallop and sprinkle a dash of salt. Reserve on the side.
2. Heat oil, add mince garlic until fragrant develops. Stir in scallop, broccoli and Amoy Chinese stir-fry sauce for 1-2 minutes, garnish with green onions and red pepper. Serve hot.

Tips:

For frozen scallop, blanch in boiling water with some salt for a few second before pan fry.