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Asian Noodles with Shrimp and Scallops

Serves 6

Ingredients

¾ pound shrimp peeled and deveined
1 pound scallops
12 oz spaghetti pasta Whole wheat or traditional.
1 ½ cup broth or stock chicken or vegetable
½ cup Coconut Aminos or less-sodium soy sauce
6 oz spinach leaves washed and torn (two very large handfuls)
2-3 large carrots
4 cloves garlic minced. use fresh garlic if possible
1 tablespoon fresh ginger grated
2 tablespoon avocado oil divided
Pepper to taste

Directions:

Wash carrots well. Cut the ends off of each carrot and discard. Using the vegetable peeler, peel along the length of the carrot to create ribbons. Repeat until the carrot is too thin to peel. Set ribbons aside. Alternately, you can use spiralized carrots.

Cook noodles according to package instructions. Once the noodles are al dente, drain the noodles, place noodles in a separate bowl, and set aside.

While pasta is cooking, heat a large skillet on medium or medium high heat (depending on the type of skillet being used).

Add one tablespoon of avocado oil to the skillet while heating. The bottom of the skillet should have a light coating of oil.

Once the skillet is hot, add a single layer of shrimp and scallops to the skillet. Season with pepper. After 2-3 minutes, flip shrimp and scallops over. Cook for another 3 minutes, until the internal temperature reaches 145 degrees Fahrenheit. Remove from skillet and transfer to a plate. Set aside.

To the same skillet, add ginger, garlic, and one tablespoon of avocado oil. Cook until fragrant, about one minute.

Once garlic and ginger are fragrant, add spinach and carrot ribbons. Cook for 3 minutes, until spinach is wilted, and carrots have softened a bit.

Add broth and Coconut Aminos (or soy sauce) to the skillet. Stir to combine.

Cook for two minutes.

Add the noodles to the skillet. Toss to combine.

Add shrimp and scallops. Toss to combine. Cook altogether for an additional 3-4 minutes to give the flavors time to come together.

Enjoy!