

# Bay Scallop Stir Fry

## Ingredients

1 lb dry bay scallops	1 tbsp vegetable oil
Kosher Salt & coarse ground pepper	1 red bell pepper, thinly sliced
1 cup white rice	2 bunches scallions, white & green parts separated, cut into 2 inch lengths
1/4 cup rice vinegar	2 carrots, halved lengthwise and cut into 1 1/2 inch lengths
1/4 cup soy sauce	2 tsp minced peeled fresh ginger
1 tbsp honey	
1 tsp toasted sesame oil	
1 1/2 tsp cornstarch	

## Directions

In a medium saucepan, bring 1 1/2 cups salted water to a boil. Add rice, and return to a boil, stirring once. Reduce to a simmer; cover and cook until rice is tender, about 15 minutes. Remove from heat, and let steam for 5 minutes. Meanwhile, whisk together vinegar, soy sauce, honey, sesame oil and cornstarch in a small bowl. Set sauce aside.

In a large nonstick skillet, heat vegetable oil over medium-high. Add bell pepper, scallion whites, carrots and ginger; cook, stirring occasionally, until carrots are crisp-tender, 4-5 minutes. Add scallops and scallion greens; cook, stirring occasionally until scallops are cooked through, 2-3 minutes. Whisk sauce briefly and add to skillet. Cook until thickened, about 1 minute. Serve over rice.

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