



## Umami-Citrus Scallops with Miracle Noodles

**Active Time:** 15 minutes | **Total Time:** 15 minutes | **Serves:** 6

### Nutrition Information Per Serving

183.1 calories, 8.87 g carbohydrate, 0.51 g fiber, 8.36 g NET carbs, 26.39 g protein, 4.3 g fat

#### Ingredients

- 4 ounce(s) Miracle Noodles
- 6 tsp(s) Coconut Secret Coconut Aminos
- 2 tsp(s) fresh organic ginger, grated
- 1/4 cup(s) fresh organic lemon juice
- 1 medium organic red bell pepper, cut into 1" strips
- 1/4 cup(s) fresh organic lime juice
- 2 pound(s) sustainable sea scallops
- 2 cup(s) organic broccoli florets
- 2 tsp(s) organic avocado oil
- 2 tsp(s) organic sesame oil

#### Preparation

1. Whisk together the coconut aminos, lemon and lime juices, ginger, and sesame oil in a wide, shallow, nonreactive bowl.
2. Add the scallops to the lemon-aminos mixture and marinate, covered, at room temperature, for 5 minutes on each side.
3. Transfer the scallops to a plate and reserve the marinade. Heat half of the avocado oil in a large safe nonstick skillet over moderately high heat. Saute the scallops in batches (do not crowd the pan!) until just cooked through, about 2 to 3 minutes on each of the flat sides. Transfer cooked scallops to a plate and tent with foil.
4. Wipe out the skillet. Add the marinade, broccoli florets and red pepper strips. Saute 2 minutes until crisp tender.
5. Add the Miracle Noodles, and cook, stirring until heated through, about 2 minutes.
6. Place the Miracle Noodles and veggies in a bowl, top with scallops. Serve.

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