

# Bay Scallop & Vegetable Stir Fry

## Ingredients

1 pound Dry Bay Scallops	1 tbsp Ginger, thinly sliced
1 cup Snow Peas	1 tsp crushed Chili Pepper
1 cup Sliced Carrots	1/2 tsp Kosher Salt
1 cup Bell Pepper, sliced thinly	2 tbsp Cream of Chicken
1 cup Mushrooms, your choice	1/4 cup Water or Chicken Broth
1/2 cup Water Chestnuts	Oil for frying (Peanut Oil is best)
2 cloves Garlic, minced	

## Directions

Heat oil on high heat in large pan. Add garlic and ginger and stir fry for one minute. Add carrots, water chestnuts, bell pepper and mushrooms. Continue stirring. Add snow peas and crushed red pepper. Stir for 2 minutes. Remove from pan and set aside.

Add bay scallops to hot pan. Sprinkle with kosher salt. Cook for 2 minutes **without stirring**. Add cream of chicken and water/broth. Stir to mix. Add vegetables back to pan.

Cook until hot, about a minute. Remove from pan and serve.

**Get Fresh**

Reading, PA

610-670-2500

[adelphiaseafood.com](http://adelphiaseafood.com)

