

# Stir-Fried Chili Bean Scallops

*Swick*

Serves 1 | Active Time: 25 minutes | Total Time: 25 minutes

## Step 1: Preparing the Scallops

- 8 oz medium fresh scallops

To prepare the scallops, remove the muscle from the side and discard. Place the scallops onto paper towels and pat dry very well. Cut the scallops horizontally in half into approximately 1/2" -inch thick pieces. Place the pieces onto paper towels and pat dry again. Keep the scallops on the paper towels and set aside.

## Step 2: Preparing Your Mise en Place

- 2 tsp ginger (about 3/4" -inch piece)
- 1 1/4 tsp minced garlic (about 2 cloves)
- 5 to 6 small baby bok choy (about 2 1/2 cups)
- 1 red pepper (about 1 1/4 cups)
- 1/4 cup green onions

Finely mince the ginger and garlic. Wash and spin dry the bok choy. Trim off the ends and slice in half lengthwise. Remove the core and seeds from the red pepper and cut into 1/2" -inch wide strips. Thinly slice the onions. Set everything aside.

## Step 3: Preparing the Sauce

- 4 tsp chicken stock
- 2 tsp chili bean sauce
- 1 1/4 tsp soy sauce
- 1/4 tsp cornstarch

To prepare the sauce, mix the ingredients together until the cornstarch completely dissolves. Set aside.

## Step 4: Stir-Frying the Dish

- 1 to 2 tbsp peanut oil
- 1/4 to 1/2 tsp kosher salt (to taste)

To stir-fry the dish, line the ingredients up in the proper cooking order. Heat a wok over high heat. Once hot, cook the stir-fry according to the basic steps in the lesson. Keep in mind that vegetables should be added in the correct order so that they are all done at the same time.

Stir-fry the scallops for approximately 1 minute without touching them. Sprinkle with a pinch of salt and turn over. Cook until opaque but not cooked through. Transfer to a plate.

Stir-fry the ginger and garlic — bok choy — peppers — add salt. Once the bok choy is nice and green, return the scallops to the wok, along with any juices. Add the sauce. Cook for approximately 1 minute. Add the green onions and toss to combine. Feel free to add a touch more oil during the stir-frying process, if needed. Serve immediately.