



MAIN DISH



grilled scallops with Asian noodle slaw



ShopRite[®]

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Prep Time: 15 minutes*

Cook Time: 10 minutes

Easy Recipe:

- $\frac{3}{4}$ cup **ShopRite mandarin orange-ginger dressing**
- 3 tbsp. **ShopRite honey**
- 1 tbsp. reduced-sodium soy sauce
- 1 lb. large sea scallops (about 12)
- 8 oz. thin rice noodles
- 1 (10-oz.) pkg. broccoli slaw mix

Easy Steps:

- 1** In a small bowl whisk together dressing, honey and soy sauce; set aside. Place scallops in a shallow rimmed dish; add $\frac{1}{4}$ cup of the dressing mixture. Let scallops stand 10 to 15 minutes, turning once. Reserve remaining $\frac{3}{4}$ cup dressing; set aside.
- 2** Meanwhile, in a large pot bring 2 quarts salted water to boiling over medium-high heat. Add rice noodles; cook al dente, about 4 to 5 minutes. Drain noodles; rinse

with cold water; drain again. Place noodles in a large bowl. Add slaw mix and reserved $\frac{3}{4}$ cup dressing. Toss to combine; set aside.

- 3** Preheat grill to high (400°F to 450°F). Remove scallops from marinade; discard marinade. Place scallops on grill. Grill 2 to 3 minutes per side or until opaque. Remove from grill.
- 4** Place noodle slaw on 4 individual plates. Top each with 3 scallops, and serve.

Serves 4

Per Serving: 450 calories, 11g fat, 1g saturated fat, 50mg cholesterol, 615mg sodium, 61g carbohydrate, 3g fiber, 28g protein

*10 minutes marinate time extra

Make it a meal: Serve with steamed basmati rice and orange slices.



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