

Forbidden Lemon Garlic Noodles & Scallops

Serves 3-4

Ingredients →

- 1 lb Scallops
- 1 Package Forbidden Black Rice Noodles
- ½ onion
- 1 bunch asparagus
- 1 tbsp ghee or coconut butter
- 1 tbsp garlic

Sauce →

- ½ cup EVOO
- ⅓ juice of lemon
- Zest of 1 lemon
- 1 heaping tbsp minced garlic
- 1 handful chopped parsley
- Himalayan salt & pepper to taste

Optional: Top with chopped green onions & goat cheese crumbles



Directions →

1. After rinsing scallops, marinate with minced garlic, salt and pepper. Set aside.
2. Melt ghee in large pot on medium heat
3. Chop onions & asparagus then add to pan with ghee. Cook until desired texture.
4. Bring water in saucepan to boil. Follow directions on noodle package. Cook al dente.
5. Make lemon garlic sauce in a separate bowl.
6. Cook scallops on medium-high heat for 3 minutes each side. (I love cooking scallops on a cast iron grill for the crispy texture.)
7. Add veggies & scallops to noodles. Drizzle sauce on top along with green onions and goat cheese if desired.
8. Enjoy your delicious meal!