

## Miso-Glazed Scallops with Noodles

Servings: 2

Active Time: 25 minutes

Total Time: 30 minutes

### Ingredients

4 ounces soba noodles or whole-wheat spaghetti

1 ½ tablespoons white miso

1 tablespoon mirin

1 tablespoon rice vinegar

1 tablespoon canola oil

½ teaspoon minced fresh ginger

½ pound dry sea scallops, tough muscle removed

1 teaspoon extra-virgin olive oil

½ cup sliced scallions

### Directions

1. Bring a large pot of water to a boil. Cook noodles, stirring occasionally, until just tender, 6 to 8 minutes or according to package directions. Drain and transfer to a large bowl.
2. Meanwhile, whisk miso, mirin, vinegar, canola oil, ginger and garlic in a medium bowl. Add scallops and stir gently to coat. Let marinate for 5 minutes (scallops will begin to break down if marinated longer). Using a slotted spoon, remove the scallops, reserving the marinade for the sauce.
3. Heat olive oil in a large nonstick skillet over medium-high heat. Add the scallops and cook until golden brown, about 3 minutes per side. Transfer to a plate and cover with foil to keep warm.
4. Add the reserved marinade to the pan and cook over medium-high heat until brown, about 1 minute. Pour the sauce over the noodles, add scallions and toss to coat. Top with scallops and serve immediately.

### Nutrition Info

**Per serving:** 440 Calories; Fat 12 g (Sat 1 g); Cholesterol 37 mg; Carbohydrates 8 g; Protein 29 g; Fiber 3 g; Sodium 611 mg.