

Sugar Snap Pea & Scallop Fettuccine

Servings

4

Calories

470

Prep Time

10 minutes

Total Time

25 minutes

Skill Level

Medium

Ingredients

- 2 cups Mann's Stringless Sugar Snap Peas
- 1 pound sea scallops
- 8 ounces Fettuccine noodles
- 1 shallot, finely chopped
- 1 carrot, thinly sliced (into matchstick sized pieces)
- ½ cup chicken broth
- ½ cup sour cream
- ½ dry white wine
- 1 teaspoon olive oil
- 1 tablespoon butter
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper



The Method

Cook pasta according to package instructions, adding Mann's Stringless Sugar Snap Peas and carrots to water during last 3 minutes of cooking. Drain and set aside in large bowl.

Pat scallops dry and season with salt. In large nonstick skillet, heat oil over medium-high heat until hot. Add scallops and cook until golden brown, about 2 minutes, turning once. Remove scallops to plate; set aside.

In same skillet, heat butter over medium-high heat. Cook and stir shallot 1 minute. Add broth and wine. Bring to a boil; cook uncovered 5 minutes. Stir in sour cream, salt and pepper; whisk until smooth. Add scallops and any liquid on plate; cook until just heated through. Pour sauce and scallops over pasta and vegetables. Toss until most of sauce is absorbed.

Nutrition Facts

Serving Size: 389g | Servings: 4

Amount Per Serving

Calories 470 | Total Fat 9g (sat fat 4 trans 0g) | Cholesterol 80mg | Sodium 370mg | Total Carbohydrate 51g | Dietary Fiber 0g | Sugars 4g | Protein 36g | Vitamin D 0% | Calcium 15% | Iron 30% | Potassium 15%