



# Scallop Fettuccine and Sugar Snap Peas

## Servings

4

## Calories

410

## Prep Time

15 minutes

## Total Time

1 hour

## Skill Level

Medium

## Ingredients

- 8 ounces Fettuccine noodles
- 2 (8 ounce) bags Mann's Stringless Sugar Snap Peas
- 1 carrot, thinly sliced (into matchstick sized pieces)
- 1 pound sea scallops
- 1 teaspoon olive oil
- 1 tablespoon butter or margarine
- 1 shallot, finely chopped
- ½ cup chicken broth, low sodium
- ½ cup dry white wine
- ½ cup sour cream
- ½ teaspoon salt
- ¼ teaspoon 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 dry scallops 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 and 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 and then cook uncovered for 5 minutes. Stir in sour cream, salt and pepper then whisk until smooth. Add scallops and any liquid from the plate and cook until just heated through. Pour sauce and scallops over pasta and vegetables. Toss until most of sauce is absorbed.

### Nutrition Facts

Serving Size 414g | Servings: 4

### Amount Per Serving

Calories 410 | Total Fat 7g (sat fat 2g trans 0g) | Cholesterol 90mg | Sodium 1260mg | Total Carbohydrate 1g | Dietary Fiber 1g | Sugars 6g (Includes 0g Added Sugars) | Protein 33g | Vitamin D 0% | Calcium 8% | Iron 10% | Potassium 10%