

DINNER

# Pan-Fried Noodles with Scallops

5 October 2026

| TOTAL TIME | SERVES | PER SERVING | CALORIES |
|------------|--------|-------------|----------|
| 45 min     | 6      | \$1.90      | 236 kcal |

The recipe Pan-Fried Noodles with Scallops can be made in roughly 45 minutes. This recipe serves 6. One portion of this dish contains around 13g of protein, 10g of fat, and a total of 236 calories. For \$1.9 per serving, this recipe covers 9% of your daily requirements of vitamins and minerals.

## Ingredients

|                                                                |                                                                         |
|----------------------------------------------------------------|-------------------------------------------------------------------------|
| <input type="checkbox"/> 2 teaspoons dark sesame oil           | <input type="checkbox"/> 8 ounces uncooked Chinese egg noodles          |
| <input type="checkbox"/> 1 teaspoon minced peeled fresh ginger | <input type="checkbox"/> 3 garlic cloves, minced                        |
| <input type="checkbox"/> 1 cup chopped green onions            | <input type="checkbox"/> 3 tablespoons low-sodium soy sauce             |
| <input type="checkbox"/> 3 tablespoons oyster sauce            | <input type="checkbox"/> 3 tablespoons peanut oil, divided              |
| <input type="checkbox"/> 3 tablespoons rice wine vinegar       | <input type="checkbox"/> 1 pound sea scallops, cut in half horizontally |
| <input type="checkbox"/> 1 teaspoon toasted sesame seeds       | <input type="checkbox"/> ¼ cup yellow cornmeal                          |

EQUIPMENT Frying pan, Paper towels

## Method

- 1 Cook noodles according to package directions, omitting salt and fat.
- 2 Drain well. Pat noodles dry with paper towels; set aside.
- 3 Pat scallops dry with paper towels.
- 4 Place cornmeal in a shallow dish; dredge scallops in cornmeal.

- 5 Heat 1 tablespoon peanut oil in a large nonstick skillet over medium-high heat.
- 6 Add scallops; cook 3 minutes on each side or until browned.
- 7 Remove from pan; cover and keep warm.
- 8 Heat remaining 2 tablespoons peanut oil in pan over medium-high heat.
- 9 Add noodles; pat into an even layer in pan. Cook 3 minutes or until browned, shaking pan occasionally. Carefully turn the noodles over in sections; cook 3 minutes or until browned, shaking pan occasionally.
- 10 Place browned noodles on a platter.
- 11 Heat sesame oil in pan over medium-high heat.
- 12 Add green onions, ginger, and garlic; stir-fry 2 minutes. Stir in soy sauce, vinegar, and oyster sauce; cook 1 minute or until thoroughly heated.
- 13 Drizzle sauce over noodles; top with scallops.
- 14 Sprinkle with sesame seeds.

### Nutrition per serving

|               | 236<br>KCAL | 13 g<br>PROTEIN | 10 g<br>FAT | 23 g<br>CARBS               |
|---------------|-------------|-----------------|-------------|-----------------------------|
| Saturated Fat |             |                 |             | 2 g · 12% of daily needs    |
| Fibre         |             |                 |             | 2 g · 8% of daily needs     |
| Sugar         |             |                 |             | 0.9 g · 1% of daily needs   |
| Sodium        |             |                 |             | 898 mg · 39% of daily needs |
| Cholesterol   |             |                 |             | 18.1 mg · 6% of daily needs |
| Vitamin C     |             |                 |             | 3.6 mg · 4% of daily needs  |

Adapted from My Recipes. Find this recipe, ratings and more ideas at [whatsheate.com/pan-fried-noodles-with-scallops-148154](https://whatsheate.com/pan-fried-noodles-with-scallops-148154)