



www.soprepared.org

Sesame Noodles with Scallops, Broccoli & Kale

1 large head of broccoli, cut into bite size pieces
10-12 cloves of Garlic, divided
2 tsp Sambal Oelek
6 Tbs Sesame Oil (not toasted...see below)
2 tsp plus 1 Tbs Tamari, divided
6 Scallions, chopped - save some for garnish
2 Tbs fresh Ginger, diced
1 1/2 tsp Garlic Salt, plus more
1 tsp fresh ground Black Pepper
1 lb Scallops, cut to bite size pieces
1/2 pkg Baby Kale
1 (12 oz) box of GF Spaghetti (*such as Barilla*)
1 Tbs Toasted Sesame Oil
Toasted sesame seeds (for serving)

Preheat oven to 425°F. Whisk together 4 cloves crushed garlic, sambal oelek, 2 Tbs sesame oil and 2 tsp tamari, then toss with the broccoli on a rimmed baking sheet; season with garlic salt and pepper to taste. Roast, tossing once, until tender and browned in spots, 15+ minutes.

Meanwhile, cook pasta according to package. Drain.

About 5 mins before broccoli is finished, heat 3 Tbs sesame oil in a large wok or saute pan over high heat. Add 6-8 cloves of garlic, diced along with the scallions, ginger, garlic salt, and pepper and saute about 30 seconds. Add scallops and cook until cooked thru, less than 5 min. Add kale and saute 30-45 seconds until slightly wilted. Then add noodles, and warm broccoli to pan, toss to coat. Remove from heat and toss in the toasted sesame oil. Divide among bowls and top with sesame seeds, and more scallions.

Wine Pairing Recommendation

The combination of noodles and seafood call for matching richness from a smooth italian white like a Gavi... or a French Burgundy (chardonnay). I paired it with my favorite Gavi by Franco Serra! Cheers!