

CopyCat Benihana Hibachi Scallops

Ingredients

3 teaspoons Canola Oil divided

1 1/2 pounds uncooked Scallops, about 20 Sea Scallops, patted dry with a paper towel (The secret to perfectly browned scallops is to pat them dry before sautéing.)

1 medium uncooked Onion cut in 1/2 and then thinly sliced

1/2 pound dried Shiitake Mushroom stems discarded, caps sliced thin

1 tablespoon Ginger Root freshly grated

2 teaspoons minced Garlic

1 1/4 cup shredded Carrot divided

1 cup Mung Bean Sprouts

2 tablespoons low sodium Soy Sauce

2 tablespoons freshly squeezed Lemon Juice

1 medium uncooked Scallion sliced

Directions

In a large nonstick skillet placed over high heat, pour 2 teaspoons oil. Heat until hot and shimmering.

Add scallops in a single, nontouching layer, Cook until bottoms are browned, about 2 minutes. Flip and cook until browned on both sides and scallops are just cooked through, about 2 to 3 minutes more. Remove to a plate.

Heat remaining teaspoon of oil in same skillet.

Add onion. Stir fry until lightly browned, about 2 minutes.

Add mushrooms. Stir fry until mushrooms and onion are almost tender, about 2 minutes.

Stir in ginger and garlic. Stir fry until fragrant, about 30

seconds.

Stir in 1 cup of carrots, bean sprouts and any juices that have accumulated on scallop plate. Stir-fry until carrots and sprouts have softened slightly, about 1 minute. Remove from heat.

Stir in soy sauce and lemon juice.

To Serve:

Spoon 1/2 cup vegetable mixture onto each of 4 plates.

Top each with 5 scallops.

Garnish with remaining carrots and scallion.