

Recipes

from Eastern Fisheries



BAY SCALLOP FAJITAS

PREP TIME: 15 MINUTES | TOTAL TIME: 30 MINUTES | SERVINGS: 4

INGREDIENTS:

- 10 oz bay scallops
- 3 red tomatoes, finely chopped
- 1 small red chili pepper, seeded and finely chopped
- 2 spring onions, finely sliced
- 1/3 cup fresh squeezed lime juice
- 1 clove garlic, crushed
- 1 ripe avocado
- 1-2 tablespoons fresh squeezed lemon juice
- 4 flour tortillas
- 1 white onion, thinly sliced
- 1 green pepper, cut into strips

DIRECTIONS:

Preheat the oven to 315° F.

Combine the tomatoes, chili pepper, and spring onion in a bowl and season with salt and pepper. Combine the bay scallops, lime juice, and garlic in a bowl, cover and refrigerate.

Slice the avocado into small wedges and brush with lemon juice to prevent browning. Wrap the flour tortillas in aluminum foil and heat in the oven for 8-10 minutes to soften. Place a lightly oiled pan on high heat; add the sliced white onion and green peppers and sauté, turning occasionally, until soft and slightly brown. Push the onions and peppers to one side of the pan. Drain the scallops thoroughly. Cook the scallops in the same pan as the onions and peppers. Sauté briefly until the scallops are opaque and cooked through approximately 5-7 minutes.

To serve, spoon 1/4 of the bay scallops down the middle of a tortilla – be sure to stop an inch or two before the end. Place the green peppers and onions over the scallops and add some sliced avocado and tomato mixture. Fold the sides in and wrap.



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