



Flying Inspiration

Fly with the Feminine ...

Gabriella Guglielminotti Trivel's recipes

Soba noodles with scallops

Suggestions: whenever you can find fresh scallops. Warming and very nourishing, it gives you a good grounding and the flavour of the sea.

Instructions



Fry in some extra virgin olive oil the finely chopped garlic or spring onions and ginger.



Add the scallops, the finely chopped lemon zest and the coconut cream flakes. Let it all cook fast until the scallops are colouring on the outside.



sea salt



Add some lemon juice, salt and black pepper, let it simmer and consume down.



Add some dry white wine and let it cook down again.

When the scallops are done, add the cooked soba, stir it all well together and add some fresh finely chopped dill.

Grind some black pepper on top when it is in the dish.



If you like this recipe, I would like to read your comments!
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