

Mussel and black bean stir-fry with Tenderstem broccoli and seared scallops

less than 30 mins

preparation time

10 to 30 mins

cooking time

Serves 4

Ingredients

- 400g/14¼oz mussels, cleaned and de-bearded (discard any mussels that do not close tightly when tapped)
- 50ml/2fl oz shaoxing rice wine
- 2 tbsp groundnut oil
- 1 tbsp black beans, rinsed, finely chopped
- 2 garlic cloves, chopped
- 1cm/½in ginger, peeled, grated
- 1 red chilli, seeds removed, finely sliced
- 4 spring onions, sliced at an angle
- 200g/7oz Tenderstem broccoli, cut into 3 cm pieces
- 1 tbsp soy sauce
- 2 tbsp water
- 2 tbsp sesame oil
- 100g/3½oz rice noodles
- 1 lime, juice only
- 8 scallops
- 1 tbsp olive oil

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From Saturday Kitchen

Preparation method

1. Place the mussels into a lidded sauce, add the wine, cover with the lid and cook for 1-2 minutes, or until most of the mussels have opened (discard any mussels that have not opened during cooking).
2. Drain the mussels and reserve the cooking liquor. Pick the meat from two-thirds of the mussels and set aside with the remaining third of the mussels.
3. Heat the oil in a large wok and fry the black beans, garlic, ginger and chilli for 1-2 minutes.
4. Add the spring onions and broccoli and fry for a further minute. Add the soy sauce, water, one tablespoon of the sesame oil and the reserved mussel cooking liquor and heat through. Stir in the picked mussels.
5. Place the noodles in a medium glass bowl and pour over boiling water; leave for two minutes.
6. Add the noodles and the remaining sesame oil to the stir-fry and heat through. Stir in a squeeze of lime.
7. Heat the olive oil in a frying pan and fry the scallops for one minute

on each side.

8. Add the unpicked mussels to the stir-fry and serve in a bowl with the seared scallops.