

WEEKLY SPECIALS

September 25th - October 1st

Scottish Salmon

\$24.95



Sea Scallops

\$39.95

Scallop & Zucchini Noodles

Ingredients

- 1/2 cup of dry bread crumbs
- 1/2 teaspoon of garlic salt
- 1 pound of sea scallops
- 2 tablespoons of butter
- 1 tablespoon of coconut oil
- 1/4 cup of reduced-sodium chicken broth
- 2 tablespoons of lemon juice
- 1 garlic clove, minced
- 4 cups of zucchini noodles

Instructions

Step 1

Pat the scallops with a paper towel. In a shallow bowl, toss bread crumbs with salt. Dip scallops in crumb mixture to coat both sides. Shake off excess crumbs.

Step 2

In a large skillet, heat butter and oil over medium-high heat. Add scallops; cook 1-1/2 to 2 minutes on each side or until firm and opaque. Remove from pan; keep warm.

Step 3

Add zucchini noodles to the same pan and saute for 3-4 minutes. Remove and set aside. Add chicken broth, lemon juice, and garlic to the same pan; bring to a boil. Turn heat off and place scallops and sautéed zucchini noodles back into the pan and spoon sauce over the top. Serve immediately.

Reminders

Tuesdays: \$2.00 off anything in the case. Curbside assistance and delivery options are available. Orders delivered Monday - Saturday
Ventura & Oxnard \$50 minimum
Ojai & Camarillo \$100 minimum

Monday - Friday
11:00 AM - 6:00 PM

Saturday & Sunday
10:00 AM - 4:00PM

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