



Whole Grain Spaghetti Aglio e Olio

NIBBLEDISH CONTRIBUTOR

Ingredients

- 1 small box of whole grain spaghetti
- 8 sea scallops, half and seasoned with lemon pepper seasoning
- Extra-virgin olive oil
- Lots of chopped garlic (~5 cloves)
- 1/2 tsp. crushed red pepper flakes
- 1/2 cup grape tomatoes, half
- Salt and black pepper to taste
- Korean Sesame oil

Instructions

1. Cooked spaghetti per package instruction. Drain and set aside.
2. Heat a saute pan with some EVOO and pan-fry the scallops until cooked. Dish out and set aside.
3. Heat EVOO and add in garlic. Fry until golden and add in the crushed red pepper and grape tomatoes. Mixed well and turned off the heat. Add in the spaghetti & scallops (along with the juice). Season to taste with salt, black pepper and a drizzle of sesame oil.