



Garlic Lemon Butter Seared Scallops

Serves 2

Ingredients

- 1 1/4 lb fresh sea scallops
- 1 1/2 tablespoons olive oil or vegetable oil
- 3 tablespoons butter
- 1–2 cloves of garlic minced
- 2 tablespoon fresh lemon juice
- 2 teaspoons chopped fresh parsley or other fresh herbs
- Salt and fresh ground black pepper

Directions:

Pat the scallops dry with paper towels and sprinkle with a pinch of sea salt right before cooking.

Add olive oil and 1 tablespoon butter to a large sauté pan or cast-iron skillet over medium high heat. Get the fat good and hot and almost to smoking point. Add scallops and sear for 1 1/2 -2 minutes on each side. They should have a golden crust on each side. Do not overcrowd the pan so, if necessary, cook in batches. As cooked remove to plate.

Wipe out skillet. Add 2 tablespoons butter to same skillet over low heat. Add garlic and cook until fragrant; about 1 minute. Add lemon juice and return scallops to pan. Warm scallops for 1-2 minutes; turning several times to get them in the lemon butter. Sprinkle with parsley, salt, and pepper to taste and serve immediately.