
Seared Lemon Garlic Butter Scallops

Karina

<https://www.CafeDelites.com>

Servings: 4

Preparation Time: 5 minutes

Start to Finish Time: 10 minutes

Cook Time: 5 minutes

2 tablespoons olive oil

1 1/4 pounds scallops

3 tablespoons unsalted butter, divided

4 to 5 large cloves garlic, minced (or 1-1/2 tablespoons minced garlic)

salt (to taste)

fresh ground black pepper (to taste)

1/4 cup dry white wine (or broth)

2 tablespoons lemon juice

1/4 cup chopped parsley

If the scallops are frozen, thaw in cold water. Remove the side muscle from the scallops, if attached. Thoroughly pat dry with paper towels.

In a large pan or skillet over medium-high heat, heat the olive oil until hot and sizzling. Add the scallops in a single layer without overcrowding the pan (work in batches, if needed).

Season to taste with salt and pepper. Fry for 2 to 3 minutes on one side (until a golden crust forms underneath), then flip and fry again for 2 minutes until crisp, lightly browned and cooked through (opaque). Remove from the skillet and transfer to a plate.

Melt two tablespoons of butter in the same pan, scraping up any browned bits left over from the scallops. Add in the garlic. Cook until fragrant (1 minute).

Pour in the wine and bring to a simmer for 2 minutes or until the wine reduces by about half. Stir in the remaining tablespoon of butter and lemon juice.

Remove the skillet from the heat. Add the scallops back into the pan to warm through slightly and garnish with parsley.

Serve over rice, pasta, garlic bread or steamed vegetables (cauliflower, broccoli, zucchini noodles).

Seafood

Per Serving (excluding unknown items): 264 Calories; 16g Fat (56.8% calories from fat); 24g Protein; 4g Carbohydrate; trace Dietary Fiber; 70mg Cholesterol; 232mg Sodium. Exchanges: 3 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 3 Fat.