

Seared Scallops with Lemon Butter Sauce

This dish is simple and quick for a date night at home or an indulgent weeknight meal.

Ingredients:

12 fresh or frozen scallops
sea salt for seasoning
ground pepper (optional for seasoning)

1 small lemon, sliced in ¼ inch slices
2 tablespoons salted butter
½ tablespoon olive oil
¼ cup freshly cut parsley

Directions:

Prepare scallops by patting them completely dry with a paper towel. Season with sea salt on both sides (optional season with ground pepper as well). Set aside.

Heat 1 tablespoon of butter in a cast iron pan or other large saucepan on medium high heat. Once the butter is melted add the lemon and cook until brown on both sides (about 2 minutes per side). Remove lemons from pan and set aside. Add the scallops one at a time to the pan. Make sure to space them evenly so they don't steam in the pan. If your pan is small cook in two batches.

Add the other 1 tablespoon of butter and olive oil to the pan. Sear the scallops for about 2-3 minutes on each side. Only turn and touch one time - no need to move them around in the pan. Flip with tongs to turn at half way cooking point. Do not overcook. Take skillet off the heat. Add the lemons back to the pan and garnish with parsley. Serve hot!

