

Sriracha Glazed Seared Scallops

Quick and easy Sriracha Glazed Seared Scallops are finished off with a spicy and flavorful homemade Sriracha pan sauce.

Ingredients:

½ lb sea scallops (fresh or thawed if frozen)
salt and pepper to taste
1 tsp avocado oil or olive oil

1-2 tsp unsalted butter
a splash of white wine or dry sherry
Sriracha to taste
parsley to garnish

Directions:

Rinse scallops with cold water and remove any of the side muscles (the little extra flap found on the side of the scallops) that are present.

Pat scallops dry. Season scallops with salt and pepper to taste.

Heat a cast iron skillet or sauté pan to high heat with 1 tsp oil and 1 tsp butter. Once your pan is hot and ready, gently add the scallops, spaced and uncrowded.

Sear uninterrupted for about 1.5 to 2 minutes on each side (flip gently using tongs) until a golden crust forms on each end.

Overcooking will be your worst enemy here so keep an eye on them. Smaller scallops will cook faster while extra large scallops may need extra time on each side. Once done, plate the scallops.

Next deglaze the pan to make your sauce. Add a splash of white wine or dry sherry and a generous dollop of sriracha and whisk the orange bubbly amazingness until all the little golden bits of scallop have released from your pan. Add extra Sriracha and butter to the sauce as desired.

Remove from heat, pour over scallops, and sprinkle with parsley for a pop of green. Serve immediately and enjoy!

