

Seared Scallops With Leek Ribbons



Christopher Baker

Rating: Great

Hands-On Time : 30 minutes | Total Time : 30 minutes | Serves 4

Ingredients

- 1 1/2 pounds sea scallops
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 2 tablespoons olive oil
- 4 medium leeks (white and light green parts), quartered lengthwise and rinsed
- 1 lemon, cut into wedges (optional)
- 2 tablespoons pesto (optional)

Directions

1. Rinse the scallops and pat them dry with paper towels. Season them with 1/2 teaspoon salt and 1/4 teaspoon pepper.
2. Heat 1 tablespoon of the oil in a cast-iron skillet over medium-high heat.
3. Add the scallops and cook until golden brown and cooked through, 2 to 3 minutes per side. Transfer to a plate.
4. Wipe out the skillet and return to medium-low heat. Add the remaining oil and the leeks and toss.
5. Cover and cook, turning occasionally, until softened, about 10 minutes. Season with remaining salt and pepper.
6. Return the scallops to skillet to rewarm. If using, squeeze on the lemon juice or spoon the pesto over the top. Transfer to individual plates.

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Nutritional Information

Per Serving

Calories From Fat 30 %

Fat 9 g

Sat Fat 1 g

Cholesterol 55 mg

Sodium	757 mg
Carbohydrate	14 g
Fiber	1 g
Sugar	3 g
Protein	30 g

What does this mean? See Nutrition 101
(<http://www.realsimple.com/nutrition-101>).

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