

Lemon Garlic Butter Scallops

Categories

French

Ingredients

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| • Olive Oil (2 tbsp.) | • Pepper |
| • Scallops (1¼ lbs) | • Chicken Broth (¼ cup) |
| • Unsalted Butter (3 tbsp.) | • Lemon Juice (2 tbsps.) |
| • Minced Garlic (1½ tbsp.) | • Chopped Parsley (¼ cup) |
| • Salt | |
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1. If scallops are frozen, thaw in cold water. Remove the side muscle from the scallops if attached. Thoroughly pat dry with paper towels.
2. Heat olive oil in a large pan or skillet over medium-high heat until hot and sizzling. Add the scallops in a single layer without over crowding the pan (work in batches if needed).
3. Season with salt and pepper to taste and fry for 2-3 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 skillet and transfer to a plate.
4. Melt 2 tablespoons of butter in the same pan, scraping up any browned bits left over from the scallops. Add in the garlic and cook until fragrant (1 minute).
5. Pour in broth and bring to a simmer for 2 minutes or until wine reduces by about half. Stir in the remaining tablespoon of butter and lemon juice.
6. Remove pan (skillet) from the heat; add the scallops back into the pan to warm through slightly and garnish with parsley.
7. Serve over rice, pasta, garlic bread or steamed vegetables (cauliflower, broccoli, zucchini noodles).