

Seared Scallops (seafood)

Prep: 10 Cook: 10 Serves: 4

Ingredients

2 lbs. fresh jumbo scallops, rinsed, drain and pat dried
salt and pepper

Garlic powder

4 T. butter

Lemon (optional for garnish)

Parsley (optional for garnish)

Instructions

1. Pat the scallops dry with a paper towel

Season both sides of scallops with salt/pepper and garlic powder.

Heat a large nonstick skillet over a medium heat.

2. Melt about two Tablespoons of butter to the pan.

When oil becomes hot, add the scallops to the pan. Do not overcrowd.

3. Cook scallops for 2-3 minutes, without moving them.

Flip and add remaining butter to the pan.

Cook scallops for another two minutes until opaque and slightly firm to the touch.

Remove from pan and garnish with fresh parsley. Serve immediately

