

Lemon Garlic Butter Scallops

Ingredients

2 T Olive Oil
1 1/4 lb Scallops
3 T Unsalted Butter
1/4 c White Wine
2 T Lemon Juice
1/4 c Parsley (chopped)

Instructions

- 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 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

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fragrant (1 minute).

5. Pour in wine 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.

Remove pan from the heat; add the scallops back into the pan to warm through slightly and garnish with parsley.

6. Serve over rice, pasta, garlic bread or steamed vegetables.