

## Perfect Pan Seared Scallops

Pan-seared scallops are **buttery, tender, and have a beautiful golden crust**. They're surprisingly easy to make and perfect for a quick yet elegant meal. With just a few simple ingredients and the right technique, you'll get restaurant-quality scallops at home in minutes!

### Ingredients (Serves 2)

- **8 large sea scallops** (dry, fresh, or thawed if frozen)
- **1 tbsp olive oil**
- **1 tbsp butter**
- **Salt & freshly ground black pepper** (to taste)
- **1 tsp lemon juice**
- **1 tbsp chopped fresh parsley** (for garnish, optional)

### Instructions

#### Step 1: Prep the Scallops

- 1** **Pat the scallops completely dry** with paper towels—this is key for a perfect sear!
- 2** Remove the **small side muscle** (if still attached) by gently pulling it off.
- 3** Lightly **season both sides** with salt and pepper.

#### Step 2: Heat the Pan

- 1** Heat a **heavy skillet (cast iron, stainless steel or ceramic works best)** over **medium-high heat**.
- 2** Add **1 tbsp olive oil** and heat until shimmering but not smoking.


#### Step 3: Sear the Scallops

- 1** Place scallops in the pan **flat-side down**, making sure they don't touch.
- 2** Sear for **1.5 to 2 minutes** without moving them—until a **deep golden crust** forms.
- 3** Flip the scallops and add **1 tbsp butter**.
- 4** Tilt the pan slightly and spoon the melted butter over the scallops for **basting**.
- 5** Cook for **1-2 minutes** on the second side until the center is just opaque.

#### Step 4: Finish & Serve

- 1** Remove scallops from the pan and squeeze **fresh lemon juice** over them.
- 2** Sprinkle with **chopped parsley** for a fresh

touch.

 Serve immediately

### Serving Suggestions

-  **Over sautéed spinach or asparagus**
-  **With creamy risotto or garlic butter pasta**

### Pro Tips for Perfect Scallops

- ✓ **Dry scallops = best sear** – Excess moisture prevents browning!
- ✓ **Hot pan, quick cook** – Overcooking makes scallops tough. Aim for **medium-rare inside**.
- ✓ **Don't overcrowd the pan** – Too many scallops will steam instead of sear.