

Garlic Lemon Seared Scallops



PREP TIME:
10 MINUTES

COOK TIME:
10 MINUTES

TOTAL TIME:
20 MINUTES

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Recipe type: Gluten Free / Dairy Free

Yield: 4 Servings

Ingredients:

- 20-22 (about 1 ¼ lbs.) Medium/Large Wild Caught Scallops
- 1 TBSP Olive Oil
- 2 TBSP Organic Ghee (*Clarified Butter/Lactose Free/Grass Fed*)
- 2-3 Garlic Cloves – Minced
- 2 TBSP Freshly Squeezed Lemon Juice
- ½ TSP Himalayan Sea Salt
- ¼ TSP Cracked Black Pepper
- 2 TBSP Freshly Chopped Italian Flat Leaf Parsley

Instructions:

1. Remove scallops from packaging and put on a plate – patting them dry on all sides.
2. Season lightly with sea salt.
3. In an iron frying pan (a must & best for searing) – add olive oil. Heat on high heat.
4. You want the pan good and hot for the best searing quality (browning of scallops – crispy layer). Pan should be at smoking point.
5. Add scallops to pan – trying not to overcrowd the pan. May need to do 2 batches. Sear for about 2 minutes each side ensuring they have a crispy, golden crust. Transfer to a plate.
6. Wipe out skillet. Add the ghee to same pan. Cook on low. Add the garlic cooking about 1-2 minutes until fragrant – watching closely so does not burn.
7. Add lemon juice to pan. Then add the scallops back to the pan – turning so they are coated in lemon butter. Warm for about 2 minutes. Sprinkle with salt & pepper to taste.
8. Top with parsley. Serve immediately.

***Try and use all organic ingredients if possible.**