



LOVE TO COOK

KITCHEN KNEADS

Pan Seared Sea Scallops with Asparagus and Lemony Herbs

Serves 2 - 4

Sweet, succulent scallops are on the menu tonight! Pan seared to achieve a golden crust while maintaining a delicate, tender interior, we love how easy these scallops are to prepare, and how satisfying they are to eat! For dinner, pair them with a plate of roasted asparagus prepared with lemon, mint, and parsley, along with a side of fresh bread and butter. Delicious!

Scallop Ingredients:

10-12 sea scallops
1/2 tablespoon olive oil
2 tablespoons butter
3 tablespoons sugar
1/4 teaspoon Kosher salt
1/4 teaspoon black pepper

Asparagus Ingredients:

1 bunch asparagus
1/4 teaspoon Kosher salt
1/4 teaspoon black pepper
3 tablespoons olive oil, plus 1 tablespoon
1/4 cup fresh mint, coarsely chopped
1/4 cup fresh parsley, coarsely chopped
1 lemon, zested and juiced

Directions:

1. Preheat the oven to 425° F.
2. Wash the asparagus and pat it dry. Break off the hard, woody ends (ends should naturally break toward the bottom when snapped).
3. On a rimmed baking sheet, spread the asparagus in a single layer and drizzle with the 3 tablespoons olive oil. Sprinkle with the salt and pepper and use tongs to move the spears around a bit to ensure they are coated. Roast the asparagus for 8-12 minutes, until slightly browned and fork tender. Remove from the oven and set aside.
4. In a small bowl, combine the chopped mint and parsley with the remaining tablespoon olive oil and the lemon juice and zest. Set aside.
5. While the asparagus roasts, prep and sear the scallops. Gently rinse the scallops and pat dry with a paper towel. If necessary, gently remove the side muscle that secured the scallop to the shell. Sprinkle the scallops with salt and pepper. Prepare a plate with a layer of sugar.
6. Heat the olive oil and butter in a large skillet over medium-high heat. While the oil and butter heat, coat both sides of each scallop in sugar. Once the skillet is hot, work in batches to cook the scallops. Place the scallops sugar-side down on the skillet, spacing them at least 1 inch apart, making sure not to crowd the pan. The scallops should sizzle on contact with the pan. If they start to brown too quickly, reduce the heat. After 1-2 minutes, use tongs to gently flip over and cook the scallops for an additional 1-2 minutes. Scallops should release easily from the pan. When they are ready to be turned, they should have a golden crust while still translucent in the middle. Remove the first batch of scallops from the pan, and cook the second batch.
7. Plate the asparagus alongside the scallops, and drizzle with the lemony herbs. Sprinkle with additional salt and pepper to taste. Serve with a lemon wedge and a bit of fresh bread adorned with quality butter.