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# SEARED SCALLOPS

### **INGREDIENTS**

- 1 lb. fresh large scallops
- (approximately 12-13 pieces)
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 2 tablespoons vegetable oil
- 1/4 cup butter
- 2 cloves garlic, crushed
- 1 teaspoon Italian seasoning (optional)
- 1 teaspoon parsley, finely chopped
- 2 lemon wedges

### **INSTRUCTIONS**

**1.** Pat the scallops dry with a paper towel (the scallops need to be very dry to get that perfect sear). Season with salt and pepper.

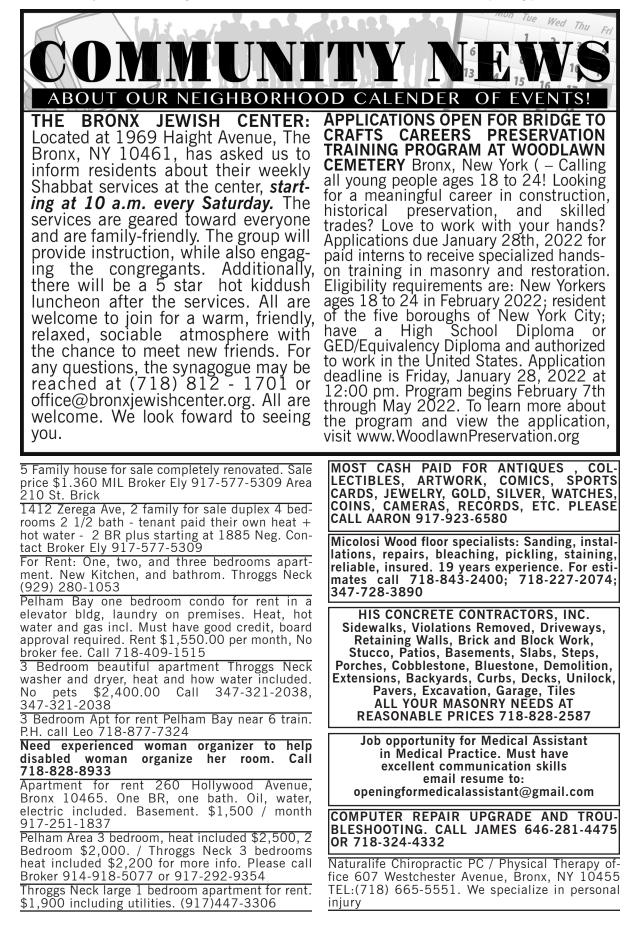
2. Add oil in a cast-iron skillet and heat over medium-high heat for 3 minutes, until the oil starts to sizzle and shimmer. To get those beautiful brown sear marks, make sure the scallops are very dry and the oil is sizzling hot.

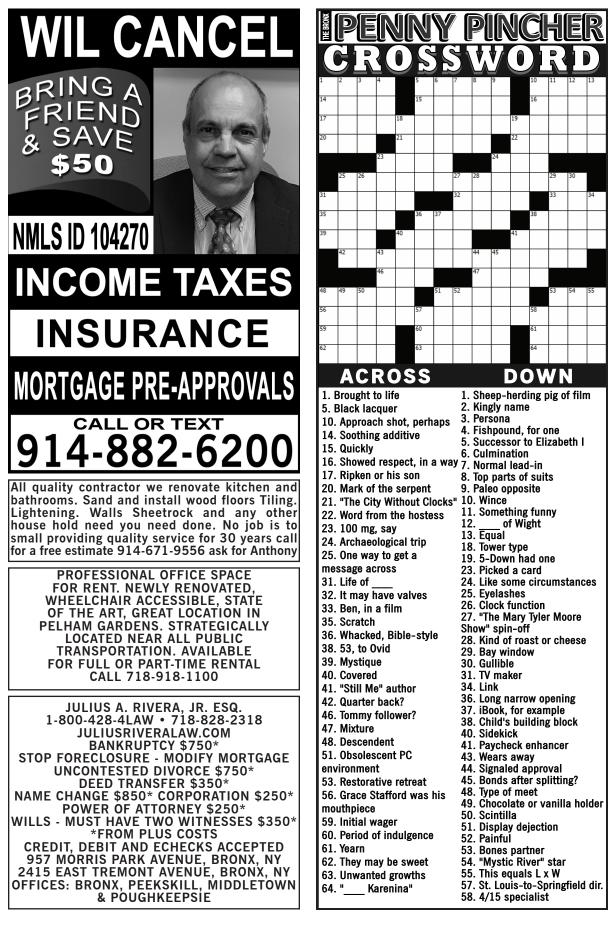
3. Once the pan is hot, use tongs to place the scallops one by one into the skillet. The scallops should sizzle as soon as they hit the pan. Cook the scallops for 2 minutes. DO NOT move around or turn the scallops during cooking.

4. Turn the scallops over with tongs and add butter and garlic to the pan. Sprinkle Italian seasoning on top (optional). Cook the scallops for another 2 minutes and baste the scallops with butter by repeatedly pouring the melted butter over on top of the scallops.

**5.** Transfer the scallops onto a plate with tongs and sprinkle chopped parsley on top. Serve with lemon wedges on the side.







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