

# Pan Seared Sea Scallops

I love the sweetness of sea scallops – and the ease of preparing them! These beauties have a depth and sweetness the smaller bay scallops just don't have. Add some sides and dinner is served!



## What you need:

- 12 Large Sea scallops
- 1 teaspoon Old Bay seasoning
- 1 teaspoon garlic powder
- 1 teaspoon smoked paprika

- Small bunch of chives
- 4 sprigs of parsley
- 2 Tablespoons virgin olive oil
- Salt and pepper to taste

### **How to Do it:**

Rinse the scallops and dry them well on paper towels.



Mix the three seasonings together on a large plate.



Press each side of all the scallops into the spices, making sure it sticks.



Heat the olive oil to medium high in a skillet or grill pan. Place each scallop in the hot oil and sear for about 1 – 2 minutes on each side. They should be soft and tender on the inside with a brown sear on the outside. Be careful not to over-cook!

Remove from heat and serve hot, garnished with chives and parsley.



Good sides might be some rice and a small salad.

Serves 4

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