

Creamy Garlic Scallops

2 tablespoons olive oil

1 1/4 pounds (600 grams) scallops

2 tablespoons unsalted butter, divided

4-5 large garlic cloves, minced (or 1 1/2 tablespoons minced garlic)

Salt and fresh ground black pepper to taste

1/4 cup dry white wine or broth (optional)

1 cup heavy cream (light, full fat or thickened cream. For a lower fat option, use evaporated milk)

1 tablespoon lemon juice

1/4 cup chopped parsley

INSTRUCTIONS

1. Thoroughly pat dry the scallops with paper towels.
2. Heat olive oil in a large pan or skillet over medium-high heat until hot and sizzling. Add the scallops in a single layer without overcrowding the pan (work in batches if needed).
3. Season with salt and pepper to taste and fry for 2-3 minutes on one side (until a golden crust forms underneath), then flip and fry again for 2 minutes until crisp, lightly browned and cooked through (opaque). Remove from skillet and transfer to a plate.
4. Melt 2 tablespoons of butter in the same pan, scraping up any browned bits left over from the scallops. Add in the garlic and cook until fragrant (1 minute).
5. Pour in wine (or broth) and bring to a simmer for 2 minutes or until wine reduces by about half. Add cream and allow to simmer until slightly thickened.
6. Remove pan (skillet) from the heat; stir in lemon juice and add the scallops back into the pan to warm through slightly and garnish with parsley.
7. Serve over rice, pasta, garlic bread or steamed vegetables (cauliflower, broccoli, zucchini noodles).