

SEARED SEA SCALLOPS

Ingredients:

¼ cup Flour
2 tsp. Sea Salt
1 tsp. Fresh Oregano
1 tsp. Fresh Thyme
2 tbsp. Black Pepper
16 ea. Sea Scallops
2 tbsp. Olive Oil
4 tbsp. Fresh Parsley
4 tsp. Lemon Juice



Directions:

In a large bowl, mix together flour, salt, oregano, thyme and pepper. Roll scallops in flour mixture until lightly coated on all sides. Heat olive oil in a skillet or frying pan over high heat. Add 4 scallops to the pan and sear on all sides (about 2 minutes for each side). Remove scallops from pan and place on a plate in the oven to keep warm until ready to serve. Repeat 3 times until remaining scallops are cooked. Toss with parsley and lemon juice

Yield: 4 servings