



Butter and lemon scallops

20'
Hands on

5'
Cook Time

4-6
Portion(s)

1
Difficulty



Method

- Heat the olive oil in a [frying pan](#) over medium heat.
- Add half of the scallops into the frying pan and season them with salt and pepper.
- Allow 1-2 minutes for the one side to turn golden and then, flip them over with a spatula.
- Sauté for 2 more minutes so that the other side turns golden too.
- Remove the scallops from the frying pan and follow the same process for the other half of the scallops.
- Remove the second batch from the frying pan.
- Add the butter to the frying pan and let it melt.
- Cut the garlic into thin slices and sauté for 1 minute.
- Deglaze with the lemon juice.
- Then, add the lemon zest, the scallops, and the parsley.
- Lightly mix and serve.

Ingredients

- 2 tablespoon(s) olive oil
- 400 g scallops, cleaned
- salt
- pepper
- 50 g butter
- 2 clove(s) of garlic
- lemon juice, of 1 lemon
- lemon zest, of 1 lemon
- 1/4 bunch parsley, finely chopped

Διατροφικός πίνακας

Nutrition information per portion

149 Calories (kcal)	8.4 Total Fat (g)	4.7 Saturated Fat (g)	2.6 Total Carbs (g)
7%	12%	24%	1%
0.0 Sugars (g)	16.0 Protein (g)	0.0 Fibre (g)	0.71 Sodium (g)
0%	32%	0%	12%