

Seared Sea Scallops

Savannah · 30/09/2024

**Prep Time**

30 mins

Difficult

Medium

Servings

4

Description

Seared on the outside with a light crust and tender on the inside You may vary the amounts of all seasonings to suit your taste

Ingredients

- - ½ cup all-purpose flour - 2 teaspoons seasoning salt - ½ teaspoon dried oregano - ½ teaspoon dried thyme - 2 tablespoons lemon pepper - 16 sea scallops
- rinsed and drained - 2 tablespoons olive oil - 4 tablespoons chopped fresh parsley
- divided - 4 teaspoons lemon juice
- divided

Instructions

1. In a large bowl
2. mix together flour
3. salt
4. oregano
5. thyme and lemon 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). After turning scallops
6. add 1 tablespoon parsley and 1 teaspoon lemon juice. Remove scallops from pan and place on a plate in the oven to keep warm until ready to serve. Repeat until remaining scallops are cooked
7. tossing each batch with parsley and lemon juice. Cook's Note I have also added Parmesan cheese to these while they are in the oven
8. which adds another flavor dimension.