



a startcooking.com recipe

SCALLOPS

4 Servings



- 1/3 cup all purpose flour
- 2 teaspoons seasoning salt
- 1/2 teaspoon dried oregano
- 2 tablespoons lemon pepper
- 16 sea scallops rinsed and drained
- 4 tablespoons olive oil
- 4 tablespoons fresh parsley
- 4 teaspoons lemon juice

Put into a clean plastic bag; flour, salt, oregano, and lemon pepper. Add scallops to the flour mixture and toss until lightly coated on all sides.

Remove the scallops from the bag and put them onto a plate. Heat 2 Tablespoons of the olive oil in a frying pan over high heat. Using a pair of tongs, shake off excess flour before adding the scallops to the pan.

Add half of the scallops to the pan and sear on both sides (about 2 minutes for each side). Remove scallops from pan and place on a plate.

Repeat cooking process with remaining scallops. Toss with parsley and lemon juice.

Adapted from:
No Reservations