

RECIPE

Scallops w/Creamy Pesto



Prep Time: 5 minutes

Cook Time: 10 minutes

Serves 2-3 people

Ingredients

- 1-½ lbs sea scallops
- 1 tbsp melted butter
- 1 tbsp avocado or olive oil
- 2 tbsp all purpose flour
- 1 tbsp garlic powder
- 1-½ tsp kosher salt
- 1-½ tsp black pepper
- 1 tbsp chopped parsley
- 1 tbsp pesto (homemade or store bought)
- 1 cup heavy cream
- 1 tbsp capers
- 1 cup spinach (fresh or frozen) *optional*

Preparation

1. Pat the scallops to remove excess moisture. Season with salt, pepper and garlic powder. Dredge in flour.
2. Melt butter and oil in a skillet over medium high heat. Add scallops.
3. Cook scallops for two minutes on one side. Flip and cook for 1 more minute.
4. Add pesto and capers. Mix well.
5. Add heavy cream, parsley and spinach. Bring to a boil. Remove from the heat and serve.

This dish is amazing with pasta, a side salad or just a big glass of wine and some crusty bread! Enjoy!