

# Garlic Scallops

written by The Recipe Exchange | April 12, 2016

## **Ingredients**

- 1 lb scallops
- 1 tablespoon olive oil
- 2 tablespoons melted butter
- 3 cloves garlic, minced
- 1/4 cup white wine
- Pinch of cayenne pepper
- Pinch of salt
- 3 dashes ground black pepper
- 1 tablespoon chopped Italian parsley leaves

## **Directions**

Rinse the scallops with cold water and remove the tough ligament from the side of the scallops. Pat dry with paper towels.

Heat up a skillet (cast-iron preferred) on medium to high heat. When it's fully heated, add the olive oil and butter. Saute the garlic for a little bit and add the scallops, pan-sear until both surfaces turn brown. Add the white wine, cayenne pepper, salt and black pepper. Bring it to a light simmer or until the inside of the scallops are cooked through. Turn off heat and serve immediately.