



Ginger Citrus Scallops

INGREDIENTS

2 TBS avocado oil	1 ½ lb sea scallops
1 orange, zested and juiced	1 lemon, juiced
1 TBS fresh ginger, grated	2 TBS butter
sea salt, to taste	fresh parsley, for garnish

DIRECTIONS

Pat scallops dry with a paper towel and sprinkle with sea salt. Heat the oil in a sauté pan over medium high heat. When the oil is nearly smoking, place scallops in the pan and sear for approximately one and a half to two minutes on each side. Remove scallops to a plate. Reduce heat to medium and add the orange and lemon juice, orange zest, grated ginger and butter to the pan. Whisk the sauce together in the pan until it's simmering, then add the scallops back to the pan and spoon the sauce on top. Plate your scallops, drizzle more sauce on top and garnish with parsley.