



Prep Time: 5 min.

Cook Time: 6-8 min.

Servings: 2

Perfect Pan Seared Scallops

- 1 lb Scallops
- Alaska Tim's Citrus Pepper Blend
- 2 tbsp high heat cooking oil
(coconut oil works well)

Directions: Thaw scallops, rinse, and pat completely dry using paper towels. Season scallops on both sides with Alaska's Tim's Citrus Pepper Blend. Heat pan to a medium-high (do not add oil until you pan is hot or it will smoke and burn your oil, ruining the flavor of your scallops). Once your pan is hot, add oil. Then, immediately add scallops and sear for approximately 3 minutes on each side or until they have a nice golden sear. The larger the scallop the longer it can take to sear. It should take no more than 10 minutes total cooking time.



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