

Sea Scallops

Recipe courtesy Cat Cora



| | | | |
|----------------------------|--------|---------------|----------------|
| Prep Time: | 15 min | Level: | Serves: |
| Inactive Prep Time: | 20 min | Easy | 4 servings |
| Cook Time: | 4 min | | |

16 medium diver scallops, cleaned

1/8 cup extra-virgin olive oil, plus more for searing

2 teaspoons minced garlic

1 tablespoon finely chopped thyme

1 teaspoon kosher salt

1/2 teaspoon freshly ground black pepper

2 cups field greens

In a medium bowl, marinate the scallops with olive oil, garlic, thyme, salt, and pepper. Let them marinate for 20 minutes.

Heat enough olive oil to lightly coat the bottom of a medium saute pan over medium-high heat. Add the scallops. Cook quickly in each side until golden brown, about 1 to 2 minutes per side. Remove from the heat and place 4 scallops around a mound of greens. Repeat.