AMERICAN · DINNER

Pan-Seared Scallops with Lemon Garlic Sauce

40 min · Serves 4 · 244 kcal a serve · Video 4:50 · Jessica Gavin

Pescatarian · Gluten-free ingredients · No nuts listed

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Around 245 kcal and 19 g of protein a serve, and rich in vitamin B12 and selenium from the scallops. The pan sauce uses just 2 tbsp each of butter and cream for four serves.

Diet notes: Low carb (6.5 g net carbs) but not keto: 59% of the energy is from fat, and keto meals get about 60% or more.

Ingredients 12 · SERVES 4

- [ ] 450 g **jumbo scallops** (8–10 per lb)
- [ ] 95 g **kosher salt**, for the brine (rinsed off)
- [ ] **Salt**: a light sprinkle of salt, to season
- [ ] 2 tbsp **olive oil**
- [ ] 2 tbsp **unsalted butter**
- [ ] 1 tbsp minced **garlic**
- [ ] 2 tbsp **lemon juice**
- [ ] 1 tsp **lemon zest**
- [ ] 1 tbsp **Dijon mustard**
- [ ] 2 tbsp **heavy cream**
- [ ] 1 tsp chopped **fresh dill**
- [ ] **black pepper**, to taste

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Molluscs, Milk, Mustard. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Make a brine: stir the kosher salt into 240 ml hot water until mostly dissolved, then add 950 ml ice. Once cold, add the scallops and leave 10 minutes. 0:56
2. Drain and rinse the scallops, press them very dry between paper towels and rest 10 minutes at room temperature. Season both sides lightly with salt. 1:38
3. Heat the olive oil in a large pan over medium-high heat. Add the scallops in one layer, press gently and leave undisturbed about 3 minutes until golden. 2:26
4. Add the butter and let it melt, then flip the scallops and baste them with it for 1–2 minutes until just firm. Move them to a plate. 2:47
5. Over medium heat, cook the garlic 30 seconds, then add the lemon juice and zest, scraping up the browned bits, for about 1 minute. Off the heat, whisk in the mustard and cream (a splash of water thins it) and season. 3:41
6. Return the scallops to the pan and warm over low heat for 2 minutes. Garnish with dill and black pepper. 4:14

> **Tip** The cook suggests angel hair pasta and a green salad alongside. Besides the salt, the brine needs only 240 ml hot water and 950 ml ice. Dry the scallops well or they steam instead of browning.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
244 kcal 1,020 kJ	**19** g 38% of a day	**6.7** g 6.5 g net · 0.5 g sugars 2% of a day	**0.2** g 1% of a day	**16** g 6.4 g saturated 21% of a day	**940** mg 41% of a day

Energy from net carbs 11% · protein 31% · fat 58% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 96% · Selenium 45%

Source of (10–19%) Omega-3 18% · Zinc 13% · Magnesium 10% · Vitamin B6 10%

Recipe and video: Jessica Gavin (@JessicaGavin) on YouTube — youtube.com/watch?v=EFLiiWccQww, published 7 August 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/seared-scallops-lemon-garlic-sauce