

ITALIAN STYLE PAN SEARED SCALLOPS



INGREDIENTS

1 pound Sea Scallops cut in half (not sliced)
3T. Olive Oil
2 Garlic Cloves
10 Basil Leaves
2 Bay Leaves
Shallots
Celery
Carrots
1 jar Artichoke Hearts (drained)
1 can Button Mushrooms (drained)
2 c. String Beans
1 grill pan
1 stir fry pan

INGREDIENTS FOR RUB

1 T. Olive Oil
Hot Paprika
Red Pepper Flakes
Garlic Powder
Garlic Flakes
Onion Flakes
Salt
Pepper
Oregano
Basil

Combine above dry ingredients in bowl and mix well. Separate into 2 equal parts.

DIRECTIONS

Rub scallops with ½ Dry Rub. Sear for 5 minutes on each side in Grill Pan lightly coated with Olive Oil. Set aside. Heat remaining 2 T. Olive Oil in Stir Fry Pan and brown garlic, shallots, bay leaves and basil. Add vegetables and sprinkle with remaining half of Dry Rub Ingredients. Cook until soft (or other desired texture). Add seared scallops, mix together and enjoy!