



Scallops with Lemon Dill and Caper Sauce

Serves: 1
Prep time: 5 Minutes
Cooking time: 8 Minutes

Ingredients:

- 4-6 scallops, no roe (if frozen, completely thaw)
- 1 tablespoon butter
- 1 tablespoon olive oil
- ⅓ cup cream
- 1 clove grated garlic
- 1 tablespoon fresh lemon juice
- 1 tablespoon drained capers
- 1 tablespoon chopped dill



Simplicity: This dish is on the table in less than 10 minutes. It tastes delicious and is so easy to prepare. **Enjoy!**

Method:

- Add butter and garlic to a saucepan and place over medium heat, until the butter has melted and garlic has softened, (1-2 minutes)
- Stir in the cream and slowly bring to a boil, reduce heat and stir until sauce thickens slightly.
- Add the lemon juice, capers and dill, stir to combine
- Pat the scallops dry with a paper towel.
- Heat oil in a non-stick frying pan over medium-high heat, add the scallops and sear for 1-2 minutes on each side, depending on size
- Pour the sauce into the pan, swirl, then remove from heat
- Place the scallops onto a serving plate, pour the sauce over the scallops
- Garnish with a sprig of Dill
- **Serve and Enjoy!**