

Sautéed Scallops with Garlic & Parsley

*1 lb. Sea Scallops
2-3 tsp grapeseed oil or olive oil
2 large cloves of garlic, roughly chopped
A handful of Parsley, chopped
1 tsp unsalted butter
Fresh ground pepper
Juice from half a lemon
Sea Salt*

1. In a bowl gently toss the scallops with the oil, garlic and parsley. For increased flavor, store in the refrigerator for some minutes before cooking.
2. Over medium heat, melt the butter in a sauté pan.
3. Once the butter starts to bubble, add the scallops, season with ground pepper and sauté for 2-3 minutes.
4. Very carefully, turn over the scallops. After about 1 minute squeeze the lemon juice over top and cook for another 1-2 minutes. Once they have become opaque, stop cooking them!
5. Serve over salad greens and sprinkle with sea salt.
Yields 4 servings.

Wine Pairing

**Domaine de la Pepiere
Muscadet Sevre et Maine sur Lie**

Beautiful, bright and energetic aromatics that are fruit forward and floral. The palate displays similar characteristics, with lots of pleasing texture and substance.

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