

# Seared Sea Scallops with Gremolata and Sugar Snap Peas

Recipe courtesy of Chef Tamie Cook  
SERVES 4

*This dish is a great summertime treatment for scallops. The crisp, sweet peas are a delicious match for the creamy sweetness of the scallops. The crunchy gremolata is the icing on the cake. This is an easy-to-prepare, restaurant-worthy dish that will impress even your pickiest friends!*

## INGREDIENTS

- 1 pound sugar snap peas, strings removed
- ¼ cup panko breadcrumbs
- ¼ cup flat leaf parsley, chopped
- Grated zest from 1 lemon
- 1 large glove garlic, minced
- 1 tablespoon olive oil, plus 2 teaspoons
- ½ teaspoon sea salt, plus extra for seasoning
- ¼ teaspoon freshly ground black pepper
- 1 tablespoon unsalted butter
- 1 pound dry pack sea scallops, side muscle removed

## DIRECTIONS

Place 2 quarts of water in a large saucepan, set over high heat and bring to a boil. Add sugar snap peas and cook for 2 to 3 minutes or until crisp tender. Drain and shock in ice water until cool. Remove from water and set aside.

Place breadcrumbs, parsley, lemon zest, garlic, 2 teaspoons olive oil, ½ teaspoon salt and pepper into a small bowl and stir to combine.

Place butter and 1 tablespoon of olive oil in a large saute pan and set over medium high heat until oil is shimmering. Pat scallops dry and season with additional salt and pepper. Add scallops to the pan one at a time, leaving space in between each one and sauté for 2 minutes or until golden brown. Turn each scallop and continue to sauté for 1 minute. Depending on the size of your pan and your scallops you may need to do this in two batches. Remove scallops to a plate and cover with aluminum foil.

Return the sauté pan to medium heat, add the snap peas to the pan and cook for 1 to 2 minutes, tossing frequently. Remove the peas from the pan.

Add the breadcrumb mixture and toss to for 30 seconds.

Serve the gremolata over the scallops and snap peas.



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