



Recipes

Fish

Ginger Lime Scallops

Prep and Cook Time: 20 minutes

Yield: 4 servings

Ingredients:

2 tablespoons extra virgin olive oil
1 large shallot, minced
1 tablespoon freshly grated ginger root
2 pounds sea scallops
Juice from 1/2 a lime

Directions:

1. Heat 1 tablespoon of the oil in a cast iron skillet over medium heat. Add shallot and cook for two minutes. Combine with ginger and stir for half a minute.
2. Add remaining tablespoon of oil to skillet. Place scallops in a single layer and cook for four to six minutes, turning once.
3. Remove from heat and drizzle with lime juice.
4. Enjoy!!