

SCALLOPS AND SPRING VEGETABLES WITH OLIVE-CAPER PAN SAUCE

Preparation: 10 minutes | Cooking: 20 minutes | Servings: 2

INGREDIENTS

5 pitted Castelvetrano olives, chopped
1 clove garlic, minced
1 medium shallot, minced
8 ounces dry sea scallops
8 ounces asparagus, trimmed
6 ounces carrots, halved
1/4 cup dry white wine
2 tablespoons olive oil
1 tablespoon butter
1 tablespoon capers, rinsed and chopped

Ground pepper
Parsley chopped for garnish



INSTRUCTIONS

Heat 1 tablespoon oil in a medium skillet over medium-high heat. Pat scallops dry and sprinkle with pepper. Add the scallops to the pan and cook, flipping once, until browned and cooked through, about 1 1/2 to 2 minutes per side. Set aside. Add 1 tablespoon oil, asparagus and carrots to the pan and cook, stirring frequently, until crisp-tender, about 2 to 3 minutes. Add shallot, olives, capers and garlic and cook until fragrant, about 1 minute. Add wine and cook for 1 minute. Remove heat and add butter. Stir until melted. Serve with scallops and sprinkle with parsley.