

PAN-SEARED SCALLOPS OVER PASTA

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INGREDIENTS



1 pound linguine or other long, thin pasta



1 ½ pounds large “Dry” Sea Scallops (a.k.a Diver Scallops)



2 tablespoons butter



2 tablespoons olive oil



flaky sea salt



½ cup Basil Spinach Pesto



INSTRUCTIONS

Bring a large pot of water to a boil and add 2 teaspoons salt. When the water is boiling, add the linguine and cook to al dente according to the package instructions.

While the pasta is cooking, Dry the scallops completely with a paper towel and set aside.

Heat a large skillet over medium high heat. When the pan is hot add the butter and olive oil, swirling it around in the pan until the butter has melted. Working in batches, place the scallops in the pan (allowing room between them, so they're not crowded in the pan).

Sear the scallops for about 2-3 minutes per side (do not agitate or move them, just let them cook). Use a pair of tongs to flip the scallops and continue cooking for an additional 1-2 minutes until caramelized on the other side. Remove the scallops to another dish to keep warm while you continue to cook the remaining scallops.

Drain the linguine (reserving about ¼ cup of pasta water). Transfer the linguine to a bowl and add about ½ to ¾ cup of pesto. Toss the pasta with a pair of tongs until the pesto is well combined, adding the pasta water to loosen up the sauce.

Plate the pesto pasta and top with seared sea scallops. Sprinkle the scallops with flaky sea salt. Add fresh basil or parsley for garnish if desired.



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