

## Pesto Pan Seared Scallops

### Ingredients

- 12 large sea scallops
- 4 tablespoons of your favorite pesto (you can make it homemade if you live outside the grasp of time)
- A few pinches sea salt and freshly ground pepper
- 1/8 cup of orange juice (just enough to thin out the pesto)
- 1 8 ounce package of mixed greens (optional)
- 2 medium avocados (optional)
- ½ stick of butter or margarine

### Preparation

- **Step 1:** Dry the scallops on a paper towel, or regular towel, ...just dry them gently scallops are easily triggered.
- **Step 2:** Whisk the orange juice, pesto, salt and pepper together and then lightly coat both sides of the scallops. Let them sit for about 10-15 minutes with the mixture on them.
- **Step 3:** Heat a large frying pan to medium heat and place 1 pat of butter in the pan per scallop that will fit. While the pan is warming up peel and slice up the avocado.
- **Step 4:** Sear the scallops in the butter approximately 4 minutes per side. Do not wiggle them around let them dance and play their way. If you move them too much they won't get a proper sear. Also you can always throw some mushrooms in the pan just to eat yourself and not let anyone else have any...as I did when taking these photos.
- **Step 5:** When the scallops are about as firm as the inside of your palm remove them from heat and let them rest for about 5 minutes. Much like a steak if you let them take a nap for a just a few minutes they will be much juicier and tastier.
- **Step 6:** After the scallops have taken their nap, place them on a bed of mixed greens and fan out the sliced avocado under them (this is optional but the pairing of the scallops and the avocado is tough to beat). What are you still doing here...go eat.