

Sautéed Scallops with Snow Peas

Swick

Serves 1 | Active Time: 15 minutes | Total Time: 15 minutes

Cooking the snow peas and red pepper

In a large sauté pan, bring $\frac{1}{4}$ cup of water to a boil over high heat. Add the snow peas, cover, and cook until just tender, about 1 minute. Remove the lid and add the bell pepper, $\frac{1}{2}$ tablespoon of the butter, Tabasco, and salt, and continue cooking until the liquid has evaporated, 1 to 2 minutes.

Step 1: Cooking the snow peas and red pepper

- 8 ounces snow peas, trimmed
- $\frac{1}{2}$ red bell pepper, peeled and cut into $\frac{1}{4}$ -inch dice
- 1 tablespoon unsalted butter
- $\frac{1}{2}$ teaspoon Tabasco sauce
- $\frac{1}{4}$ teaspoon kosher salt

Step 2: Cooking the scallops

- 2 tablespoons extra-virgin olive oil
- 12 ounces medium sea scallops, small abduction muscle removed
- $\frac{1}{4}$ teaspoon freshly ground black pepper

Heat a skillet over high heat. Add the oil and the remaining butter and when hot add the scallops; season with salt and pepper and cook until golden and to your liking, 1 to 2 minutes on each side.

Step 3: Serving

Divide the snow pea-pepper mixture among four plates, top with the scallops and serve immediately.