



Wild Scallops and Brussels Sprouts

Active Time: 10 minutes | Total Time: 20 minutes | Serves: 4

Nutrition Information Per Serving

219.1 calories, 16.8 g carbohydrate, 5.7 g fiber, 11.1 g NET carbs, 23.4 g protein, 8.3 g fat

Ingredients

- 1 pound wild scallops
- 4 clove(s) garlic, minced
- 2 Tbsp(s) coconut oil
- 1 whole lemon, sliced into wedges
- 1/2 tsp(s) salt
- 1 pound Brussel sprouts
- 1 tsp lemon zest

Preparation

1. Trim the base of the Brussel sprouts and discard. Peel away outside leaves and add to a bowl. Chop remaining pieces into quarters.
2. Toss zest, minced garlic, and half the salt with the Brussel sprouts.
3. In a cast iron pan, add half the coconut oil and heat over medium heat. When oil shimmers, add Brussel sprouts, cut side down and cook for 2 minutes to slightly caramelize. Continue to cook, stirring, for an additional 6-8 minutes to crisp-tender.
4. While Brussels sprouts cook, add remaining coconut oil to a safe nonstick or cast iron pan over medium high heat. Pat scallops dry and sprinkle with remaining salt.
5. Add scallops to pan to sear. Cook for 2-3 minutes or to golden brown, then flip to cook though (about another 3 minutes). Scallops should be opaque in the center.
6. Divide Brussels sprouts among plates, top with scallops and serve with lemon wedges.

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