



Pan-Seared Scallops with Pepper and Onions in Anchovy Oil

Ingredients

Original recipe makes 4 servings

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| 1/3 cup extra virgin olive oil | 2 cloves garlic, thinly sliced |
| 1 (2 ounce) can anchovy fillets, minced | 1 teaspoon minced lime zest |
| 1 pound large sea scallops | 1 1/2 teaspoons minced lemon zest |
| 1 large red bell pepper, coarsely chopped | 1 pinch kosher salt and pepper to taste |
| 1 large orange bell pepper, coarsely chopped | 8 sprigs fresh parsley, for garnish |
| 1 red onion, coarsely chopped | |

PREP 30 mins

COOK 15 mins

READY IN 45 mins

Directions

1. Heat the olive oil and minced anchovies in a large skillet over medium-high heat, stirring as the oil heats to dissolve the anchovies. Once the anchovies are sizzling, add the sea scallops, and cook without moving the scallops for 2 minutes.
2. Meanwhile, toss red bell pepper, orange bell pepper, red onion, garlic, lime zest, and lemon zest in a bowl; season with salt and pepper. Sprinkle pepper mixture onto the scallops and continue cooking until scallops have browned, about 2 minutes more. Turn scallops, stir the pepper mixture, and continue cooking until the scallops have browned on the other side, 4 to 5 minutes. Garnish with parsley sprigs to serve.

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