

Scallops and Zoodles

- One Pound Scallops
- Two Zucchini
- Butter or Olive Oil
- Salt & Pepper



Rinse and pat scallops dry. Cut zucchini using spiralizer. Put either butter or olive oil in a skillet on high heat. Season the scallops with salt and pepper. Adding cayenne pepper was amazing. Sear for 1.5-3 minutes depending on size. Turn over, season and sear this side the same amount of time.

At the same time, heat olive oil in a large skillet over medium high heat. When ready, put zucchini in and stir around using tongs. Stir for 3 to 4 minutes but make sure it's still a little crisp.

Add scallops, drippings and all to zoodles. Toss together and serve. This is very good with a little sprinkling of fresh grated Parmesan.