

Teriyaki Seared Scallops with Radishes

Hannah Currence

Servings: 2 **Prep Time:** approx 20mins **Cook Time:** 10mins **Total Time:** 30mins

Ingredients:

8-10 scallops (fresh or frozen)
2-3 Tbsp Canola or EVOO (or oil of choice)
4 Tbsp soy sauce
3 tsp brown sugar
4 tsp granulated sugar
1-2 Tbsp cornstarch
½ C cold water
½ lemon
8-10 thinly sliced radishes
1-2 sprigs of parsley (for garnish)
Pinches of salt & pepper, to season scallops

Scallops & Radishes Prep:

1. If frozen, thaw scallops in cold water for approximately 15-20mins
2. Pat scallops down with paper towel until dry
3. Remove side muscle on each scallop
4. Season one side of the scallop with salt and pepper
5. Thinly slice 8-10 slices of radishes (using mandolin or a knife)

Directions:

1. First, when skillet is hot (test heat flicking couple water droplets into pan until sizzles), add oil, then place 3-4 scallops into the pan (ensuring no crowding), cook each side for 3-5mins, then flip and season the other side with salt and pepper.
2. Next, once scallops have seared (golden brown tops and opaque color), take out and place onto a separate plate with a paper towel.
3. Next, mix soy sauce, brown sugar, granulated sugar, and ½ of a lemon together, then add to the pan. Mix together until sauce thickens using the cornstarch slurry (mix cold water and cornstarch together).
4. Then, place 5 radish slices onto a plate for decoration.
5. Finally, plate the scallops, drizzle teriyaki sauce onto scallops, then garnish with 1-2 parsley leaves.