

Creamy Tuscan Scallops



Ingredients:

- 1 lb. large scallops, cleaned and patted dry
- 2 tbsp olive oil
- 2 tbsp unsalted butter
- 3 cloves garlic, minced
- 1 cup sun-dried tomatoes, chopped
- 1 cup fresh baby spinach
- ½ cup heavy cream
- ¼ cup grated Parmesan cheese
- ¼ tsp red pepper flakes (optional)
- Salt and black pepper, to taste
- 1 tbsp fresh basil, chopped (for garnish)

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Instructions:

Sear the Scallops

- Heat olive oil in a large skillet over medium-high heat.
- Sear scallops for 2-3 minutes per side until golden brown.
- Remove from skillet and set aside.

Prepare the Creamy Tuscan Sauce

- In the same skillet, melt butter over medium heat.
- Add minced garlic and sauté for 30 seconds.
- Stir in sun-dried tomatoes and cook for 2 minutes.
- Toss in spinach and cook until wilted.

Create the Creamy Base

- Pour in heavy cream, stirring well.
- Add Parmesan cheese and cook for 3-4 minutes until the sauce thickens.
- Season with red pepper flakes, salt, and black pepper.

Bring It All Together

- Return the scallops to the skillet, coating them in the sauce.
- Let them simmer for 2-3 minutes until warmed through.

Garnish & Serve

- Sprinkle fresh basil on top.
- Serve over pasta, rice, or greens for a complete meal!