



**Molloy's**  
**Fish Market**  
— Est 1968 —

# Seared Scallops with Garlic, Lemon And Parsley

SERVES 2



## INGREDIENTS

- 8 Scallops from Molloy's Fish Market
- 1 lemon
- Splash olive oil
- 2 cloves garlic – crushed
- 50g butter
- 1 tablespoon chopped fresh parsley

## HOW TO:

- Heat olive oil in a frying pan over a medium heat
- Add scallops and fry over a medium heat for 1 minute on each side
- Add butter and garlic into the pan; continue to cook for 1 more minute
- Remove the pan from the heat, and squeeze ½ lemon over the scallops and sprinkle in the parsley
- Remove scallops and serve drizzled with the juices from the pan

