

Seared Scallops with Peppers and Onions



Ingredients

- 1/3 cup
- 1 can anchovy fillets, minced (2 ounces)
- 1 lb. sea scallops
- 1 large red bell pepper, chopped
- 1 large orange bell pepper, chopped
- 1 red onion, chopped
- 2 cloves garlic, thinly sliced
- 1 tsp. lime zest
- 1 ½ teaspoons lemon zest
- 1 pinch kosher salt and pepper (to taste)
- 8 sprigs fresh parsley, for garnish

Directions

1. Heat olive oil and anchovies in large skillet over medium-high, stirring to dissolve anchovies. Once sizzling, add scallops and cook without moving them for 2 minutes.
2. Toss red and yellow peppers, red onion, garlic, lime zest and lemon zest in a bowl. Season with salt and pepper.
3. Add peppers and onion mix to scallops and continue cooking until lightly browned (approximately 2 minutes more). Turn scallops, and cook another 4-5 minutes. Garnish with parsley and serve.

Makes 4 servings.