

Seared Scallops with Lemon Cream Sauce

Chef Audrey - Aldi Test Kitchen
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1/3 cup shelled pistachios
4 tablespoons butter
1/2 onion, minced
1 teaspoon minced garlic in
extra-virgin olive oil
1 cup heavy whipping
cream
zest of one lemon
juice of one lemon
sea salt (to taste)
pepper (to taste)
12 ounces jumbo scallops,
thawed
2 tablespoons chopped
fresh parsley

In a food processor, pulse the pistachios into a fine dust.

In a small saucepan over medium heat, melt two tablespoons of the butter. Add the onions and cook for 2 to 3 minutes. Add the garlic and cook until aromatic.

Add the ground pistachios to the onion mixture to form a paste. Cook for 3 to 5 minutes or until the pistachios release their aroma.

Whisk in the cream. Reduce the heat to low. Let the sauce sit on low heat, stirring occasionally until the cream slightly reduces.

Stir the lemon juice and zest into the cream sauce. Strain the sauce through a fine-mesh sieve. Return to the low heat. Season with salt and pepper to taste. Keep warm until needed.

In a large saute' pan over high heat, add the remaining two tablespoons of butter. Swirling the pan, allow the butter to brown, about 1 minute. Then sear the bottoms of the scallops. Once the bottoms are browned, turn and sear the other side. Lower the heat. Cover. Allow to steam until fully cooked.

Plate the scallops on top of the lemon cream sauce, reserving some sauce to drizzle over the top.

Garnish with chopped parsley.

Serve immediately.

Per Serving (excluding unknown items): 1251 Calories; 134g Fat (94.3% calories from fat); 6g Protein; 12g Carbohydrate; 1g Dietary Fiber; 450mg Cholesterol; 564mg Sodium. Exchanges: 1 Vegetable; 1/2 Non-Fat Milk; 27 Fat.