

RED CHILI FLAKE SEARED SEA SCALLOPS

MAKES 4 SERVINGS

Ingredients

- 1 1/2 lbs large sea scallops
- 2 tbsp grape seed or avocado oil
- 1 orange, zested
- 1 lemon
- cilantro, chopped, to taste
- 1 tbsp dried red chili pepper flake, crushed
- kosher salt and black pepper to taste

Directions

1. In a bowl, combine the scallops, grape seed or avocado oil, orange zest, crushed red chili flake, kosher salt and black pepper to taste.
2. We prefer a cast iron pan for cooking sea food but a sauté will work as well. Heat pan until very hot. Carefully place scallops in pan and sear on each side for about a minute. Remove from pan and let rest for 1 minute.
3. Squeeze a little lemon juice on each scallop, garnish with chopped cilantro and enjoy with a **Wahoo Wheat**.

