

Breaded Sea Scallops

Ingredients

3/4 lb Sea Scallops
1 egg
1/3 cup mashed potato flakes
1/3 cup seasoned bread crumbs
1/4 tsp salt
1/8 tsp pepper
1 tbsp canola oil

Directions

In a shallow bowl, beat the egg. In another bowl, combine the potato flakes, bread crumbs, salt and pepper. Dip the scallops in egg, then roll in potato mixture.

In a large skillet, heat butter and oil over medium heat. Add scallops. Cook for 2-3 minutes on each side or until scallops are opaque and coating is golden brown.

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