

Seared Scallops with Roasted Tomatoes

Ingredients

3 cups grape tomatoes	1 tbsp olive oil
Cooking spray	1 1/2 lbs sea scallops
1/2 tsp kosher salt, divided	2 tbsp thin sliced fresh basil
1/2 tsp fresh black pepper, divided	Cooked pasta

Directions

Preheat broiler. Arrange tomatoes in a single layer in a shallow roasting pan; lightly coat tomatoes with cooking spray. Sprinkle tomatoes with 1/2 tsp each salt and pepper. Toss well to coat. Broil 10 minutes, or until tomatoes begin to brown, stirring occasionally.

While tomatoes cook, heat oil in a large skillet over medium high heat. Pat scallops dry. Sprinkle both sides with remaining salt and pepper. Add scallops to skillet and cook 2 minutes per side or until desired degree of doneness. Serve scallops with tomatoes over pasta; sprinkle with basil. Enjoy!

Yields: 4 servings

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