

Herb-Crusted Seared Scallops with Mediterranean Aromatics

Perfectly seared sea scallops with a fragrant rosemary-thyme crust deliver lean protein with minimal impact on blood sugar—a sophisticated low-GI entrée.

Prep: 8 min

Cook: 6 min

Total: 14 min

Servings: 2

GL 0.1 / GI 7

Ingredients

extra virgin preferred for antioxidants olive oil

1 oz each, patted dry sea scallops, side muscle removed

about 1 sprig fresh rosemary, finely chopped

leaves stripped from stems fresh thyme leaves, chopped

or to taste sea salt

or to taste freshly ground black pepper

Instructions

Step 1

Remove scallops from refrigerator and pat completely dry with paper towels, removing any remaining side muscles. Moisture is the enemy of a good sear, so ensure scallops are thoroughly dried. Let them rest at room temperature for 5 minutes.

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Step 2

Combine the finely chopped rosemary, thyme leaves, sea salt, and black pepper in a small bowl, mixing thoroughly to create an aromatic herb blend.

Step 3

Gently press the herb mixture onto both flat sides of each scallop, creating an even coating. The herbs should adhere to the surface without being too thick.

Step 4

Heat a large heavy-bottomed skillet (cast iron or stainless steel works best) over medium-high heat for 2-3 minutes until very hot. Add the olive oil and swirl to coat the pan bottom evenly.

Step 5

Carefully place scallops in the hot skillet, leaving space between each one to ensure proper searing. Do not move or disturb them once placed—this allows a golden crust to form.

Step 6

Sear scallops undisturbed for 2-3 minutes until a deep golden-brown crust develops on the bottom. The scallops should release easily from the pan when ready to flip.

Step 7

Using tongs, flip each scallop gently and sear the second side for another 2-3 minutes. The scallops should feel slightly firm but still have a tender center when pressed gently.

Step 8

Remove scallops immediately from the heat when they reach medium doneness—opaque around the edges with a slightly translucent center. Serve immediately while hot, optionally garnished with fresh herb sprigs and a squeeze of lemon.