

Seared Scallops with Herb & Garlic Pasta

Ingredients

- 8 scallops, patted dry
- 200 grams spaghetti, dry
- 3 tablespoons olive oil
- 1 tablespoon infused olive oil for drizzle on finished dish
- 2 cloves of garlic, thinly sliced
- 1 shallot, minced
- 1/2 teaspoon chilli flakes
- 1/2 pound cherry tomatoes, halved
- 1/4 mixed fresh herbs, such as basil, parsley and mint, plus more to serve
- fresh parmesan (optional)
- salt
- black pepper

Instructions

- Bring a large pot of well-salted water to a boil. Add pasta and cook according to package directions. Once cooked, drain pasta, reserve a 1/4 cup of the pasta water and set aside.
- While pasta is cooking, pat the scallops dry and season with salt and pepper on both sides.
- In a large skillet, add olive oil and heat until oil is hot. Add scallops, working in batches if needed to not crowd the pan, and cook for 2-3 minutes per side until golden and crisp. Once cooked, transfer scallops to a plate and set aside.
- In the same pan, add the garlic and shallots and cook for 1-2 minutes until tender.
- Add cherry tomatoes, chilli flakes, season with salt and pepper, and cook for another 3-4 minutes until tomatoes begin to break down.
- Add the pasta water, stir to combine, and cook for an additional 1-2 minutes to help reduce the water and thicken the tomato mixture.

- Add pasta to the pan and toss to coat the noodles. Add fresh herbs and toss again to combine.
- To serve, add pasta to a bowl, top with scallions, drizzle with 1.5 teaspoons of infused olive oil, and sprinkle with additional fresh herbs and parmesan, if desired.

Prep Time: 20 minutes

Serves 2

Notes