

# Scallops in Butter Lemon Sauce



I love scallops, but my husband does not, he claims that scallops are too fishy...oh well...more for me. This is a very tasty and simple recipe for scallops. I coated the scallops with cornstarch instead of all-purpose flour, therefore this recipe is gluten free. When I prepared the scallops I prepared some cod fish in the same manner, this way my husband could have his white fish and I could enjoy the scallops guilty free.

## ***Ingredients:***

$\frac{1}{2}$  lb Scallops, I got the big ones from Costco  
2 tablespoons of cornstarch +  $\frac{1}{2}$  tablespoon  
1 small lemon

Fresh ground pepper  
 $\frac{1}{2}$  cup chicken broth  
 $1\frac{1}{2}$  to 2 tablespoons butter  
2 to 3 teaspoons of capers, drained



***Method:***

In a small deep dish mix the 2 tablespoon of cornstarch with the zest of the lemon and the ground pepper.

Squeeze half of the lemon juice on the scallops and coat the scallops with the cornstarch mix. Pan fry in the butter until both side are golden brown, remove and set aside.

In the same pan add the chicken broth and let it boil. Reduce the heat and add the remaining lemon juice and the rest of the lemon (juiceless and naked), let it cook in low heat for a couple of minutes. Add the remaining cornstarch dissolved in 1 tablespoon of water mixing continuously until the sauce thicken. Add the capers and let it cook for another minute.

Remove the butter lemon sauce from the heat and cover the pan fried scallops. Serve hot.





If you enjoy this scallop recipe you might want to check on this Asian Inspired scallop recipe, Miso Marinated Scallops.



Did you know that scallops contain cholesterol but are very low in saturated fat? Moreover, scallops are a great source of protein and contain vitamin B12, which is an important nutrient for the cardiovascular health.

***Thank you for stopping by Simple Recipes and have a great week!***