



Decadent, creamy, and a little fancy without the effort (yes please)!

Creamy Spinach Scallops (One Pan)

Ingredients:

- 1 lb sea scallops, side muscle removed & patted very dry
- 1 tbsp olive oil
- 1 tbsp butter
- ½ tsp salt
- ¼ tsp black pepper
- 2 cloves garlic, minced
- 1 cup heavy cream
- ½ cup freshly grated Parmesan (optional but recommended)
- 3 cups baby spinach
- ½ tsp Italian seasoning (optional)
- Pinch of red pepper flakes (optional)
- Lemon wedges, for serving (optional)

Instructions:

- Season scallops - Pat scallops dry and season both sides with salt and pepper.
- Sear scallops - Heat a large skillet over medium-high heat. Add olive oil and butter.
- Sear scallops in a single layer for 2–3 minutes per side until golden.
- Remove scallops and set aside.
- Make the sauce - Lower heat to medium. Add garlic and cook for 30 seconds until fragrant.
- Pour in heavy cream, Italian seasoning, and red pepper flakes (if using).
- Simmer 2–3 minutes until slightly thickened.
- Add spinach - Stir in spinach and cook until wilted (about 1–2 minutes).
- Finish - Stir in Parmesan until smooth. Return scallops to pan and spoon sauce over them.
- Simmer 1–2 minutes to warm through.
- Serve - Remove from heat and serve with lemon wedges if desired.