



Golden scallops over creamy risotto — simple, rich, and unforgettable.

Seared Scallops with Creamy Parmesan Risotto

Ingredients:

For the scallops:

- 8–10 large sea scallops
- Salt & pepper
- 1 tbsp avocado oil or olive oil
- 1 tbsp butter

For the risotto:

- 1 cup Arborio rice
- 3 cups warm chicken or seafood broth
- ½ cup dry white wine
- ½ small onion, finely diced
- 2 tbsp butter
- ½ cup freshly grated Parmesan
- Salt & pepper

Instructions:

- Sauté onion in butter until soft.
- Add rice and toast 1–2 minutes.
- Pour in wine and stir until absorbed.
- Add warm broth ½ cup at a time, stirring constantly until creamy (about 20 minutes).
- Stir in Parmesan, salt, and pepper.

For scallops:

- Pat scallops very dry. Season with salt & pepper.
- Heat oil in a hot skillet.
- Sear scallops 2–3 minutes per side until golden crust forms.
- Add butter and spoon over scallops.
- Plate scallops over risotto and finish with a squeeze of lemon.