

Seared Scallops in Garlic-Lemon Butter Sauce

Hands-on 10 minutes Overall 15 minutes

Nutritional values (per serving): Total carbs: 5.7 g, Fiber: 0.4 g, **Net carbs: 5.3 g,**

Protein: 15.9 g, Fat: 22.7 g, Calories: 289 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 4 servings)

500 g fresh scallops, trimmed (1.1 lb)

3 tbsp [extra virgin olive oil](#) (45 ml)

4 tbsp butter *or* [ghee](#) (57 g/ 2 oz)

1 clove garlic, minced

salt and pepper, to taste

1/3 cup [chicken broth](#) (80 ml)

juice and zest 1 lemon

4 tbsp fresh chopped parsley

1 tbsp fresh chopped chives

Note: You can use frozen scallops, just make sure that they're completely defrosted before you cook them).

Instructions

1. Place the olive oil into a frying pan and heat over a high heat.
2. Turn heat back slightly and place scallops into pan, careful not to overcrowd them, cook them in batches if you need to. Cook for 3 minutes on each side without moving them around.
3. Remove from pan and sit aside.
4. Add 3 Tablespoons of the butter into the pan, add finely chopped garlic and cook until softened. Add chicken broth and cook until reduced and thickened slightly.
5. Add remaining 1 Tablespoon of butter, lemon juice and zest and chopped herbs and mix through.
6. Return scallops to pan and warm through. Store in the refrigerator, covered, for up to 2 days.

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