



Another delicious recipe from
Tanya's Kitchen

Seared Scallops

Ingredients

1/2 pound sea scallops (or any type)
1/4 cup of olive oil
2 whole limes
2 tablespoons soy sauce 1 clove fresh garlic
Pinch of grated fresh ginger
1 whole lime zest
1 tablespoon of honey

Directions

- Marinate the scallops in all the above ingredients
- Sear in a skillet on a very high heat, approximately 1 minute per side
- Serve right from skillet
- You can find all these ingredients at all your Foster's Food Fair IGA stores