

Quick Scallops with Peppers & Corn

Servings: 2

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Ingredients

1 ear corn, husked, silks removed
1/2 lb scallops
1/4 tsp salt
1/4 tsp pepper
1 tsp butter
1 tsp olive oil
1 red bell peppers rinsed, stemmed, seeded, and finely chopped
1/2 tsp minced garlic
1/4 tsp ground cumin
2 Tbsp chopped fresh basil leaves
2 Tbsp chopped fresh cilantro

Preparation

- 1) In a deep bowl, cut kernels from cob. Rinse scallops and pat dry; sprinkle lightly all over with salt and pepper.
- 2) Melt 1/2 tsp butter with 1/2 tsp olive oil in each of two 10- to 12-inch nonstick frying pans over high heat. Add corn, bell peppers, garlic, and cumin to one pan; add scallops to the other. Cook, stirring both pans often, until vegetables are crisp-tender, about 3 minutes, and scallops are browned on the outside and barely opaque in the center (cut to test), about 5 minutes.
- 3) Just before serving, stir basil into the vegetable mixture and cilantro into the scallops. Mound vegetables in a wide, shallow bowl; top with scallops (and any pan juices).