Pan-Seared Scallops with Creamy Cauliflower Mash

Tender seared scallops paired with smooth, low-carb cauliflower mash—a high-protein, flavorful meal perfect for weight-conscious beginners.

Servings: 2 **Time:** 30 minutes

Ingredients

- 8 large sea scallops (about 4 oz each), patted dry
- 1 head of cauliflower (about 1.5 lbs), chopped into florets
- 2 tablespoons unsalted butter
- 1/4 cup heavy cream
- 1 garlic clove, minced
- 2 tablespoons olive oil
- Salt and freshly ground black pepper, to taste
- 1 teaspoon fresh lemon juice
- 1 tablespoon chopped fresh parsley (optional)

Instructions

1. Bring a large pot of salted water to a boil. Add cauliflower florets and cook until very tender, about 10-12 minutes.
2. Drain cauliflower thoroughly and transfer to a blender or food processor. Add butter, heavy cream, garlic, salt, and pepper. Blend until smooth and creamy. Keep warm.
3. Heat olive oil in a large skillet over medium-high heat until shimmering.
4. Season scallops with salt and pepper on both sides.
5. Place scallops in the hot skillet, making sure not to overcrowd. Sear scallops for 2-3 minutes per side until golden brown and opaque inside. Remove from heat.
6. Add lemon juice to cauliflower mash and stir well. Adjust seasoning if needed.
7. Plate the cauliflower mash, top with seared scallops, and garnish with chopped parsley if desired. Serve immediately.

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