

AIR FRYER SCALLOPS



SERVING SIZE

2



INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Large Sea Scallops, Cleaned And Patted Very Dry	8	Very Finely Chopped Flat-leaf Parsley	2 Tbsp.
Ground Pepper	¼ Tsp.	Very Finely Chopped Capers	2 Tsp.
Salt	⅛ Tsp.	Finely Grated Lemon Zest	1 Tsp.
Cooking Spray		Finely Chopped Garlic	½ Tsp.
Extra-virgin Olive Oil	¼ Cup		



PREPARATION

- Preheat your air fryer to 400°F (200°C) for about 10 minutes.
- In a mixing bowl, season the cleaned and patted dry scallops with ground pepper and a pinch of salt.
- Lightly spray the air fryer basket with cooking spray to prevent sticking.
- Place the seasoned scallops in the preheated air fryer basket in a single layer, ensuring they're not touching.
- Cook for about 5-7 minutes, flipping them over halfway through the cooking time.
- While the scallops are cooking, prepare the gremolata.
- In a small bowl, combine extra-virgin olive oil, very finely chopped flat-leaf parsley, very finely chopped capers, finely grated lemon zest, and finely chopped garlic.
- Once the scallops are cooked to perfection, transfer them to serving plates. Drizzle the prepared gremolata generously over the scallops.
- Enjoy!