



# Dijon-Orange Scallops

NIBBLEDISH CONTRIBUTOR

## Ingredients

- Fresh scallops
- 1/4 cup Dijon mustard
- 1/4 cup sweet orange marmalade
- 1 tablespoon lemon juice

## Instructions

This is delicious and exceptionally easy to make. Makes great appetizers, hors d'oeuvres, or a meal all in itself. A quick note: use only fresh scallops. Scallops that are sold frozen are typically soaked in a solution that enables them to freeze properly, yet unfortunately, make it extremely frustrating to sear. If you are forced to buy the scallops frozen, be prepared to spend a lot of time pouring off excess liquid.

1. In a large bowl, combine the mustard, marmalade, and lemon juice until thoroughly mixed.
2. Toss the scallops in the Dijon-orange sauce and allow to marinate in the bowl for 30 minutes.
3. Heat a large skillet or grill over medium heat and lightly oil with grapeseed oil or vegetable oil. Sear the scallops until golden brown on both sides.
4. Enjoy immediately.