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# Seared Scallops With Sautéed Cucumbers

**Prep Time:** 10 mins

**Cook Time:** 15 mins

**Rest Time:** 30 mins

**Total Time:** 55 mins

## Ingredients

- ❖ 2 large cucumber(s), English
- ❖ 1/2 teaspoon salt, Kosher, divided
- ❖ pepper, black ground, to taste
- ❖ 3 teaspoon butter, divided
- ❖ 3 teaspoon oil, olive, extra virgin, divided
- ❖ 1/4 cup(s) sour cream, reduced-fat
- ❖ 1 1/4 pounds sea scallops, large, patted dry, tough muscle removed
- ❖ 1 tablespoon dill weed, fresh, minced, or flat-leaf parsley, for garnish



## Preparation

1. Cut cucumbers in half lengthwise, scrape out seeds with a spoon and cut crosswise into 1/4-inch-thick slices. Transfer to a colander set over a bowl. Toss with 1/4 teaspoon salt and set aside for 30 minutes to drain.
2. Heat 1 teaspoon butter and 2 teaspoons oil in a 12-inch cast-iron skillet over high heat. Add the drained cucumbers and cook, stirring, until wilted and beginning to brown, 2 to 4 minutes.
3. Stir in sour cream and cook, stirring, for 1 minute. Transfer to a small bowl.
4. Wipe out the pan. Heat the remaining 2 teaspoons butter and 1 teaspoon oil over high heat.
5. Add scallops, season with the remaining 1/4 teaspoon salt and pepper and cook until lightly browned and cooked through, 2 to 3 minutes per side.
6. Gently stir the cucumber mixture into the scallops. Serve garnished with dill (or parsley), if desired.