



## INGREDIENTS

8 TBSP of Olive oil  
2 chopped fennel bulbs  
5 minced garlic cloves  
1 TSP of red crushed pepper flakes  
2 Lbs. of fresh scallops  
1 TBSP of butter  
Juice of 1 lemon  
Splash of Anice Liquor  
½ cup of chopped fresh parsley

## SEARED SCALLOPS WITH FENNEL

By Caterina Romano's kitchen

## DIRECTIONS

1. In a non-stick skillet, heat 4 TBSP of olive oil over medium heat.
2. Add the fennel and sauté it for 5 minutes stirring frequently until the fennel is transparent.
3. Add the minced garlic, pepper flakes, season with sea salt and pepper and sauté for another 3 minutes at low heat. Set the cooked fennel aside.
4. Dry the scallops using a paper towel. This will help with the searing.
5. Place a large non-stick skillet over medium to high heat, and heat 4 TBSP of olive oil and the butter.
6. Working in batches, sear the scallops for about 3 minutes or until golden brown on one side. Season with salt and pepper.
7. Flip the scallops and cook for another 3 minutes.
8. Squirt lemon juice over the seared scallops.
9. Transfer the seared scallops placing them on the bed on fennel. Sprinkle a splash of Anice liquor and continue cooking for 2 minutes.
10. Turn off the heat and add the parsley.
11. Serve immediately on a bed of jasmine rice.

**ENJOY THE SEARED SCALLOPS WITH FENNEL**