

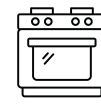
# Lime Seared Scallops with Roasted Brussels Sprouts



**Makes:**  
2 servings



**Prep Time:**  
10 minutes



**Cook Time:**  
20 minutes

*Scallops are a great protein option when you're short on time. They cook quickly and go with a variety of flavors and side dishes for an easy, healthy meal.*

*For this recipe, I coated the scallops in a simple but super flavorful lime butter, which you could also replace with coconut oil. In addition to protein, scallops are an excellent source of omega-3 fatty acids, and trace minerals like selenium, zinc, and copper among other nutrients.*

*Served alongside some roasted Brussels sprouts with pomegranate arils and mint you get a colorful and nutrient-dense meal that checks all the boxes.*

*Wishing you health and happiness,  
Mark Hyman, MD*

## Ingredients:

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### Brussels Sprouts

- 12 large Brussels sprouts
- 1 medium shallot
- 1 tablespoon ghee or coconut oil, melted
- ¼ teaspoon sea salt
- ⅛ teaspoon fresh ground black pepper
- 1 tablespoon balsamic vinegar

### Scallops

- 8 scallops
- ¼ teaspoon sea salt
- ⅛ teaspoon fresh ground black pepper
- 1 tablespoon ghee
- 1 lime, zested and juiced

### Garnish

- 2 tablespoons pomegranate arils
- 6 fresh mint leaves, torn

## Method:

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1. Preheat the oven to 375°F and line a baking sheet with parchment paper.
2. Trim and thinly slice the Brussels sprouts along with the shallot. Combine both in a mixing bowl, then toss with the ghee, salt, and black pepper. Transfer onto the baking sheet and into the oven. Roast for 15 minutes.

3. After 15 minutes, drizzle the balsamic vinegar over the Brussels sprouts and roast for another 5 minutes. Remove from the oven when done.
4. While the Brussels sprouts are roasting for the final 5 minutes begin with the scallops. Pat the scallops dry and season with salt and pepper.
5. Heat the ghee in a large frying pan over medium-high heat. Once hot, add the scallops and sear for 3 minutes, then flip and sear for 1 minute until golden brown on both sides. Remove the pan from the heat and transfer the scallops immediately to a plate. Reserve the ghee for the next step.
6. To make the lime butter, return the pan to medium heat. Add the lime juice and zest and deglaze the pan for 1 minute.
7. After deglazing, add the scallops back into the pan to reheat and coat in the lime butter. This process should be brief to avoid over-cooking the scallops.
8. Serve the scallops and lime butter over the plated roasted Brussels sprouts. Top with pomegranate arils and mint leaves as garnish. Enjoy while warm!

**Nutritional analysis per serving:** Calories: 296, Total Fat: 14g, Saturated Fat: 8g, Cholesterol: 68mg, Sodium: 778mg, Carbohydrates: 22g, Fiber: 6g, Sugars: 7g, Protein: 24g, Net Carbs: 16g