

## Seared Scallops with Spicy Cajun Cream Sauce

Why This Dish Hits All the Right Notes



**TIME**  
**30 min**

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### INGREDIENTS

You'll Need

For the Scallops: 1 lb sea scallops, patted dry 1 tablespoon olive oil 1 teaspoon paprika  $\frac{1}{2}$  teaspoon garlic powder ... teaspoon salt ... teaspoon black pepper ... teaspoon cayenne pepper (optional, for heat) Juice of 1 lime:

For the Spicy Cajun Cream Sauce:  $\frac{1}{2}$  cup mayonnaise ... cup sour cream 1 tablespoon Cajun seasoning 1 tablespoon lemon juice 1 teaspoon Worcestershire sauce ... teaspoon hot sauce (optional) How I Make These Seared Scallops (:

### DIRECTIONS

1. Step-by-: Step)
2. Marinate the : Scallops
3. I start by gently patting the scallops dry with paper towels-this is crucial for that perfect golden sear. In a bowl, I toss them with olive oil, paprika, garlic powder, salt, pepper, cayenne (if I'm feeling bold), and fresh lime juice. I let them marinate for at least 30 minutes-longer if I've got time.
4. Pro tip: Don't skip the lime. It adds a fresh brightness that cuts through the richness.
5. Whip : Up the Cajun Cream Sauce
6. While the scallops are marinating, I whisk together the mayo, sour cream, Cajun seasoning, lemon juice, Worcestershire, and hot sauce in a small bowl. I taste and adjust the heat, then pop it in the fridge to chill. The longer it sits, the better it gets.
7. Sear the : Scallops
8. Once my skillet is hot (medium-high heat), I add a touch more oil if needed and gently lay the scallops in the pan without overcrowding. I let them sear undisturbed for 2-3 minutes on the first side until they develop that beautiful crust. Flip, cook another 2 minutes, and remove.
9. Scallops should be opaque, tender, and still slightly springy to the touch.
10. Plate and : Serve
11. I spoon the creamy : Cajun sauce onto the plate first, then nestle the scallops on top. A final sprinkle of chopped parsley or fresh chives adds color and contrast.
12. How I : Serve This Dish
13. This recipe is perfect as an elegant appetizer or a full meal depending on how you pair it:

14. Over buttery grits or mashed potatoes
15. for a rich Southern twist
16. With rice or quinoa
17. to soak up that sauce
18. Next to a crisp green salad
19. to lighten things up
20. On crostini
21. for a show-stopping small plate
22. And yes, I've definitely eaten it right out of the skillet with a fork. No judgment here.
23. Tips : From My Kitchen
24. Dry scallops = golden sear
25. : Moisture is the enemy of that caramelized crust.

## SWAPS & NOTES

Scallops are already a treat on their own, but add a creamy Cajun-spiced sauce underneath and you've got magic on a plate.

Here's why I keep coming back to this combo: Quick-cooking and elegant : Scallops only need a few minutes in a hot skillet to turn golden and tender.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/seared-scallops-with-spicy-cajun-cream-sauce/>

**Bold Cajun flavor :** Smoky, tangy, and slightly spicy-the cream sauce is packed with personality.

**Easy to scale :** Serve it for two or make a bigger batch to impress a crowd.