

Easy Pan-Seared Scallops with a Kick of Cajun Cream

Seared Scallops with Spicy Cajun Cream Sauce



TIME
30 min

PRINT
Recipe Card

SAVE
PDF

SOURCE
ChefManiac

INGREDIENTS

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 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)

DIRECTIONS

- 1.** Marinate the Scallops: In a medium bowl, combine scallops, olive oil, paprika, garlic powder, salt, black pepper, cayenne (if using), and lime juice.
- 2.** Toss to coat well. Let marinate for at least 30 minutes or up to 24 hours in the fridge.
- 3.** Make the Cajun Cream Sauce: In a small bowl, whisk together mayonnaise, sour cream, Cajun seasoning, lemon juice, Worcestershire sauce, and hot sauce.
- 4.** Chill until ready to serve to let the flavors meld.
- 5.** Sear the Scallops: Heat a heavy skillet (cast iron preferred) over medium-high heat until very hot.
- 6.** Add a light coating of oil.
- 7.** Sear scallops for 2-3 minutes per side, flipping only once, until golden brown with a crust and opaque in the center.
- 8.** Serve: Spoon the Cajun cream sauce onto each plate.
- 9.** Top with seared scallops.
- 10.** Garnish with a wedge of lime or chopped fresh herbs if desired.

SWAPS & NOTES

& Swaps Scallops : Use fresh or high-quality frozen sea scallops.

Avoid bay scallops-they're too small for proper searing.

Mayo & Sour Cream : Greek yogurt can sub for sour cream in a pinch.

Cajun Seasoning : Store-bought works great, or make your own blend with paprika, garlic, cayenne, oregano, and thyme.

TIPS FOR SUCCESS

Dry the scallops thoroughly with paper towels before searing for the best crust.

Don't overcrowd the pan-cook in batches if needed.

Use a nonstick or well-seasoned skillet to prevent sticking.

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

Original recipe: <https://chefmaniac.com/easy-pan-seared-scallops-with-a-kick-of-cajun-cream/>