

DINNER

Seared Scallops with Sautéed Fennel, Orange, and Red Onion

7 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
15 min	6 min	9 min	4	\$3.23	242 kcal



Seared Scallops with Sautéed Fennel, Orange, and Red Onion is a gluten free, primal, and pescatarian main course. This recipe serves 4. For \$3.23 per serving, this recipe covers 18% of your daily requirements of vitamins and minerals. One serving contains 242 calories, 22g of protein, and 7g of fat.

Ingredients

- ☐ ¼ teaspoon black pepper, divided
- ☐ ¼ cup fennel fronds
- ☐ 1 tablespoon extra-virgin olive oil, divided
- ☐ 1/3 cup orange juice
- ☐ 1 tablespoon butter
- ☐ 3 cups thinly sliced fennel bulb
- ☐ 1 cup peeled, halved orange slices (1 large orange)
- ☐ 1 cup vertically sliced red onion

☐ ½ teaspoon salt, divided

☐ 1½ pounds sea scallops

EQUIPMENT Frying pan, Paper towels

Method

- 1 Pat scallops dry with paper towels.
- 2 Sprinkle scallops with 1/4 teaspoon salt and 1/8 teaspoon pepper.
- 3 Heat 1 1/2 teaspoons oil in a large nonstick skillet over medium-high heat.
- 4 Add scallops; cook 3 minutes on each side.
- 5 Remove scallops from pan; keep warm.
- 6 Add orange juice to pan; cook 2 minutes.
- 7 Add butter, stirring to melt.
- 8 Heat remaining 1 1/2 teaspoons oil in a large nonstick skillet over medium-high heat.
- 9 Add fennel slices and onion; saut 3 minutes. Stir in fennel fronds, remaining 1/4 teaspoon salt, remaining 1/8 teaspoon pepper, and orange slices.
- 10 Serve immediately.
- 11 Serve with: Whole Wheat Bread with Caper-Mint Dipping Sauce
- 12 Choice Ingredient
- 13 Large sea scallops are great for a fast and filling protein source any night of the week. They can be seared or sauted and then added to salads and pastas or served solo as an entre. Their mild taste and universal appeal make them a good host for complex flavors.

Nutrition per serving

242	22 g	7 g	22 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			2.6 g · 16% of daily needs
Fibre			4 g · 16% of daily needs
Sugar			10.4 g · 12% of daily needs
Sodium			1,019 mg · 44% of daily needs
Cholesterol			48.4 mg · 16% of daily needs
Vitamin C			45.7 mg · 55% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/seared-scallops-with-sauteed-fennel-orange-and-red-onion-148561