

Prep Time: 20 minutes
Cook Time: 15 minutes
Total Time: 35 minutes
Servings: 2
Difficulty: Intermediate
Calories per Serving: ~540 kcal

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Introduction

There are few dishes that feel as indulgent as Garlic Butter Lobster and Scallops. This

restaurant-quality meal combines sweet, tender lobster tails and perfectly seared sea scallops in a rich, aromatic garlic butter sauce that comes together in under 40 minutes. Whether you're planning a romantic dinner for two, celebrating a special occasion, or simply treating yourself to something luxurious, this recipe delivers elegance without unnecessary complexity.

The key to success lies in timing and heat control. Scallops need a screaming-hot pan for that golden crust, while lobster tails require gentle, even cooking to stay juicy. By mastering a few simple techniques, you'll produce a dish that looks and tastes like it came straight from a fine-dining kitchen — all from the comfort of your own home.

Serve this with crusty bread, lemon rice, or creamy mashed potatoes to soak up every drop of the garlic butter sauce.

Ingredients

For the Seafood

- 2 lobster tails (6–8 oz each), split lengthwise
- 10–12 large sea scallops (dry-packed preferred), patted very dry
- 1 teaspoon kosher salt (for scallops)
- ½ teaspoon freshly cracked black pepper
- 1 tablespoon olive oil (high smoke point)

For the Garlic Butter Sauce

- 6 tablespoons unsalted butter, divided
- 5 cloves garlic, finely minced
- 2 tablespoons fresh lemon juice (about ½ lemon)
- 2 tablespoons dry white wine (optional but recommended)
- 1 tablespoon fresh parsley, chopped
- ¼ teaspoon red pepper flakes (optional)
- Zest of ½ lemon
- Salt and pepper to taste

For Garnish

- Extra chopped parsley
- Lemon wedges

- Flaky sea salt
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Equipment Needed

- Large stainless steel or cast-iron skillet
 - Small saucepan
 - Kitchen shears or sharp knife
 - Tongs
 - Paper towels
 - Meat thermometer (optional but helpful)
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Instructions

Step 1: Prepare the Lobster Tails (5 minutes)

Using kitchen shears, carefully cut through the top shell of each lobster tail lengthwise,

stopping just before the fan tail. Gently pull the shell apart and lift the meat so it rests on top of the shell — this is called “butterflying.” Season lightly with salt and pepper.

Intensity: Low — take your time to avoid piercing the meat.

Step 2: Dry and Season the Scallops (5 minutes)

Pat the scallops completely dry with paper towels. Moisture is the enemy of a good sear. Season both sides with kosher salt and black pepper. Let them rest at room temperature for 5 minutes while you prepare the sauce.

Intensity: Low — precision matters more than speed here.

Step 3: Make the Garlic Butter Sauce (5 minutes)

In a small saucepan over medium-low heat, melt 4 tablespoons of butter. Add the minced garlic and cook for 60–90 seconds until fragrant — do not let it brown. Add the white wine (if using) and lemon juice, and simmer for 2 minutes. Stir in lemon zest, red pepper flakes, and parsley. Remove from heat and set aside.

Heat Intensity: Medium-low

Watch Point: Garlic burns quickly — pull the pan off heat if it starts to darken.

Step 4: Sear the Scallops (4 minutes)

Heat 1 tablespoon olive oil in a large skillet over high heat until it shimmers and just begins to smoke. Place scallops in the pan, leaving space between each one. Sear undisturbed for 90 seconds to 2 minutes until a deep golden crust forms. Flip and cook for 60–90 seconds more.

Transfer scallops to a plate and tent with foil.

Heat Intensity: High

Tip: If your pan is crowded, sear in two batches. Overcrowding steams the scallops instead of searing them.

Step 5: Cook the Lobster Tails (6-7 minutes)

Reduce heat to medium. Add the remaining 2 tablespoons of butter to the same skillet. Place lobster tails flesh-side down and cook for 3-4 minutes until the meat turns opaque and slightly golden. Flip and cook shell-side down for another 2-3 minutes, basting continuously with the butter using a spoon.

The lobster is done when the internal temperature reaches 135°F (57°C) or the meat is firm and white throughout.

Heat Intensity: Medium
Watch Point: Overcooked lobster becomes rubbery — pull it early rather than late.

Step 6: Combine and Finish (2 minutes)

Return the scallops to the skillet with the lobster. Pour the prepared garlic butter sauce over everything. Toss gently to coat. Warm through for 1-2 minutes, spooning sauce over the seafood.

Heat Intensity: Low
Final Touch: Squeeze fresh lemon over the top and sprinkle with flaky sea salt and parsley.

Step 7: Plate and Serve

Transfer to warm plates. Spoon extra garlic butter sauce over each portion. Serve immediately with lemon wedges and your choice of side.

Timing Summary Table

Step	Time	Heat Intensity
Prep lobster & scallops	10 min	Low

Step	Time	Heat Intensity
Garlic butter sauce	5 min	Medium-low
Sear scallops	4 min	High
Cook lobster tails	6-7 min	Medium
Combine & finish	2 min	Low
Total	~35 min	—

Nutrition Information (Per Serving)

Nutrient	Amount
Calories	540 kcal
Total Fat	32 g
Saturated Fat	17 g
Cholesterol	245 mg
Sodium	890 mg
Total Carbohydrates	6 g
Fiber	0 g
Sugars	1 g
Protein	52 g
Vitamin A	22% DV
Vitamin C	18% DV
Calcium	12% DV
Iron	15% DV