



Pan-Seared Scallops

with Wild Rice and Kiwi Salsa

Special Plus

30 Minutes



Jumbo Scallops
227 g | 454 g



Wild Rice Medley
½ cup | 1 cup



Cumin-Turmeric
Spice Blend
1 ½ tsp | 3 tsp



Corn Kernels
113 g | 227 g



Hot Pepper
1 | 2



Cilantro
7 g | 14 g



Avocado
1 | 2



Kiwi
1 | 2



Lime
1 | 2



Shallot
1 | 2

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

1



Cook rice

- Before starting, wash and dry all produce.

- Heat a medium pot over medium heat.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then swirl to melt. Add **wild rice medley** and **Cumin-Turmeric Spice Blend**. Cook, stirring often, until fragrant, 1 min.
- Add **1 cup** (2 cups) **water** and **¼ tsp** (½ tsp) **salt**. Bring to a boil over high heat.
- Once boiling, reduce heat to medium-low. Cover and cook until **rice** is tender and liquid is absorbed, 18-20 min.
- Remove from heat. Set aside, still covered

2



Prep and cook veggies

- Meanwhile, core, then cut **hot pepper** into ¼-inch pieces. (**TIP:** We suggest using gloves when prepping hot peppers!)
- Peel, then cut **shallot** into ½-inch pieces.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **half the hot peppers** and **corn**. Cook, stirring occasionally, until **peppers** are tender-crisp, 3-4 min.
- Add **half the shallots**. Cook, stirring often, until fragrant, 1-2 min.
- Remove from heat and season with **salt** and **pepper**.
- Transfer to a plate and cover to keep warm.

3



Prep salsa

- Meanwhile, peel, pit, then cut **avocado** into ¼-inch pieces.
- Peel, then cut **kiwi** into ¼-inch pieces.
- Juice the **lime**.
- Roughly chop **cilantro**.

4



Make salsa

- Add **remaining shallots, remaining hot pepper, avocado, kiwi, cilantro, lime juice** and **¼ tsp** (½ tsp) **sugar** to a medium bowl. Stir to combine.
- Season with **salt** and **pepper**.

5



Prep and cook scallops

- Using a strainer, drain and rinse **scallops**. Pat very dry with paper towels. Season with **salt** and **pepper**.
- Heat the same pan over medium-high heat. When hot, add **1 tbsp** (2 tbsp) **oil**, then the **scallops**. Sear, flipping halfway through, until golden brown, 1-2 min per side.**
- Remove to plate.

6



Finish and serve

- Fluff **rice** with a fork, then stir in **pepper-corn mixture**.
- Season with **salt** and **pepper**.
- Divide **rice** between bowls, then top with **scallops** and **salsa**.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.