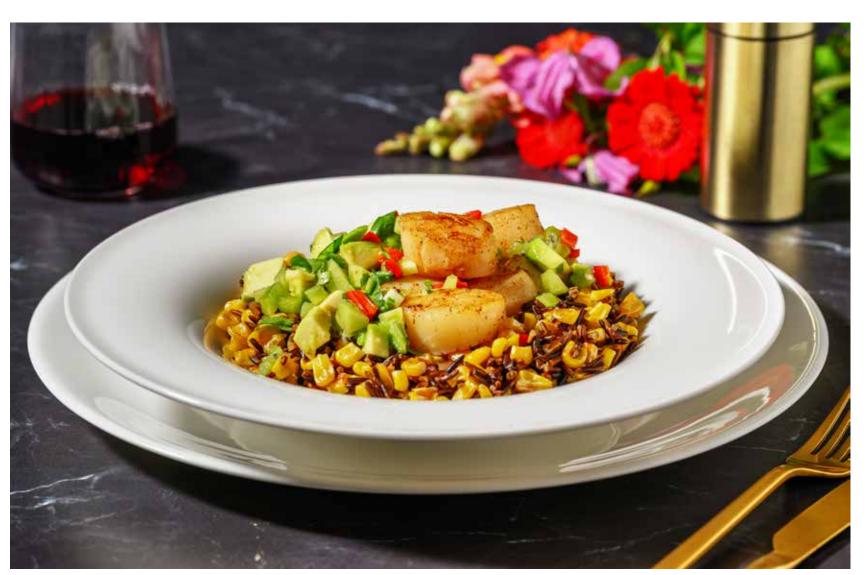


# HELLO Pan-Seared Scallops with Wild Rice and Kiwi Salsa

with Wild Rice and Kiwi Salsa

Special Plus

30 Minutes





Jumbo Scallops 227 g | 454 g







Cumin-Turmeric Spice Blend



1 1/2 tsp | 3 tsp







Cilantro 7 g | 14 g











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.

Cooking utensils | Large non-stick pan, measuring cups, measuring spoons, medium bowl, medium pot, paper towels, strainer



#### 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



## 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 1/2-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.



## Prep salsa

- Meanwhile, peel, pit, then cut avocado into ¼-inch pieces.
- Peel, then cut **kiwi** into 1/4-inch pieces.
- Juice the lime.
- Roughly chop **cilantro**.



## Make salsa

- Add remaining shallots, remaining hot pepper, avocado, kiwi, cilantro, lime juice and 1/4 tsp (1/2 tsp) sugar to a medium bowl. Stir to combine.
- Season with salt and pepper.



## 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.



#### 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**.

 Measurements within steps
 1 tbsp (2 tbsp)
 oil

 2 person
 4 person
 Ingredier