



# Garlic-Lime Scallops

with Mango-Jalapeño Salsa and Jerk Mayo

Special Plus

Spicy

35 Minutes



Jumbo Scallops  
227 g | 454 g



Basmati Rice  
¾ cup | 1 ½ cups



Mango  
1 | 2



Sweet Bell Pepper  
1 | 2



Lime  
1 | 2



Red Onion  
1 | 2



Cilantro  
7 g | 14 g



Jalapeño  
1 | 2



Jerk Sauce  
2 tbsp | 4 tbsp



Mayonnaise  
2 tbsp | 4 tbsp



Garlic Spread  
2 tbsp | 4 tbsp



Corn Kernels  
113 g | 227 g

**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.

**Pantry items** | Oil, salt, sugar, pepper

**Cooking utensils** | Baking sheet, large non-stick pan, measuring cups, measuring spoons, medium bowl, medium pot, paper towels, small bowl, strainer, zester

1



### Cook rice

- Before starting, preheat oven to 450°F
- Wash and dry all produce.
- **Heat guide for step 4:**
  - Mild: ½ tbsp (1 tbsp)
  - Medium: 1 tbsp (2 tbsp)
  - Extra-spicy: 1 ½ tbsp (3 tbsp)

- Heat a medium pot over medium heat.
- When hot, add **half the garlic spread**, then **rice**. Cook, stirring often, until toasted, 2-3 min.
- Add **1 ¼ cups** (2 ½ cups) **water** and **¼ tsp** (½ tsp) **salt**, then bring to a boil over high.
- Once boiling, reduce heat to low. Cover and cook until **rice** is tender and liquid is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.

2



### Prep and roast veggies

- Meanwhile, core, then cut **pepper** into ¼-inch strips.
- Peel, then cut **onion** into ¼-inch slices. Finely chop **2 tbsp** (¼ cup) **onion**, then transfer to a medium bowl. (**NOTE:** You will use the finely chopped onions in step 4 to make salsa.)
- Add **peppers, sliced onions, half the jerk sauce** and **1 tbsp** (2 tbsp) **oil** to an unlined baking sheet. Season with **salt** and **pepper**, then toss to combine.
- Roast in the **middle** of the oven, tossing halfway through, until tender, 14-16 min.

3



### Prep and cook corn

- Meanwhile, peel, pit, then cut **mango** into ¼-inch pieces.
- Zest, then juice **half the lime**. Cut **remaining lime** into wedges.
- Finely chop **cilantro**.
- Core, then finely chop **jalapeño**, removing **seeds** for less heat. (**TIP:** We suggest using gloves when prepping jalapeños!)
- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **corn**. Cook, stirring often, until deep golden-brown, 5-6 min.
- Transfer to a plate. Cover to keep warm.

4



### Make mango salsa and jerk mayo

- Meanwhile, add **chopped mango, half the cilantro, 2 tsp** (4 tsp) **lime juice**, **¼ tsp** (½ tsp) **sugar**, **1 ½ tbsp** (3 tbsp) **oil** and **1 tbsp** (2 tbsp) **jalapeños** to the bowl with **finely chopped onions**. (**NOTE:** Reference heat guide.) Season with **salt** and **pepper**, then stir to combine. (**TIP:** Mangoes vary in sweetness and sourness! Add more sugar, if desired.)
- Combine **mayo** and **remaining jerk sauce** in a small bowl.

5



### Cook scallops

- Using a strainer, drain and rinse **scallops**. Pat **scallops** very dry with paper towels. Season with **salt** and **pepper**.
- When **corn** is done, reheat the same pan (from step 3) over medium-high.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **scallops**. Sear, flipping halfway through, until golden-brown, 1-2 min per side.\*\*
- Remove from heat, then add **remaining garlic spread** and **remaining lime juice**. Toss until **garlic spread** melts.

6



### Finish and serve

- Fluff **rice** with a fork, then stir in **corn** and **lime zest**.
- Divide **rice, veggies** and **scallops** between bowls. Drizzle **any remaining lime-garlic mixture** from pan over top.
- Sprinkle **remaining cilantro** over top. Squeeze a **lime wedge** over top, if desired.
- Serve **mango salsa** and **jerk mayo** alongside.

Measurements  
within steps

1 tbsp (2 tbsp) oil  
2 person 4 person Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

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