



Basil Pesto and Scallop Risotto

with Baby Tomato, Arugula and Spinach Salad

Special Plus

45 Minutes



Sea Scallops
227 g | 454 g



Arborio Rice
¾ cup | 1 ½ cup



Baby Tomatoes
113 g | 227 g



Arugula and Spinach Mix
56 g | 113 g



Shallot
1 | 2



Pine Nuts
28 g | 28 g



White Cooking Wine
4 tbsp | 8 tbsp



Vegetable Broth Concentrate
1 | 2



Basil Pesto
¼ cup | ½ cup



Parmesan Cheese, shredded
½ cup | 1 cup



Balsamic Vinegar
1 tbsp | 2 tbsp

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



Prep broth and make dressing

• Before starting, wash and dry all produce.

- Combine **4 ½ cups** (5 ½ cups) **warm water** and **broth concentrate** in a medium pot. Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium-low, still covered.
- Meanwhile, peel, then finely chop **shallot**.
- Halve **tomatoes**.
- Add **vinegar**, **½ tsp** (1 tsp) **sugar** and **1 tbsp** (2 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **tomatoes** to the bowl with **dressing**, then stir to coat.

2



Toast pine nuts

- Heat a large non-stick pan over medium heat.
- When hot, add **pine nuts** to the dry pan. Toast, stirring often, until golden-brown, 4-5 min. (**TIP**: Keep your eye on them so they don't burn!)
- Transfer **pine nuts** to a plate.

3



Start risotto

- Add **2 tbsp** (4 tbsp) **butter** to the same pan. Swirl the pan until **butter** is melted, then add **shallots**. Cook, stirring occasionally, until softened, 2-3 min.
- Add **rice**. Cook, stirring often, until toasted, 1-2 min.
- Add **cooking wine**. Cook, stirring often, until evaporated, 1-2 min.
- Add **1 cup broth** from the medium pot to the pan with **rice**. Stir until **broth** has been absorbed by **rice**.
- Continue adding **broth**, 1 cup at a time, stirring regularly, until liquid is absorbed, texture is creamy and **rice** is tender, 24-28 min.

4



Finish risotto

- When the last cup of **broth** has been absorbed, reduce heat to low.
- Add **half the pesto** and **half the Parmesan**. Stir often, until **cheese** melts, 1-2 min. Season with **salt** and **pepper**, to taste.

5



Cook scallops

- When the **risotto** is almost finished, pat **scallops** dry with paper towels, pressing well to absorb as much moisture as possible. Season with **salt** and **pepper**.
- Heat a medium non-stick pan over medium heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **scallops**. Pan-fry until golden-brown and cooked through, 2-3 min per side.**

6



Finish and serve

- Add **arugula and spinach mix** to the bowl with **tomatoes** and **dressing** (from step 1). Toss to coat.
- Divide **risotto** between bowls, then top with **scallops**.
- Drizzle **remaining pesto** over top.
- Serve **salad** alongside.
- Sprinkle **pine nuts** and **remaining Parmesan** over **salad**.

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



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