



# Dilly Seared Scallops

with Marinated Veggies and Lemon-Butter Risotto

Special Plus

35 Minutes



Sea Scallops



Arborio Rice



Lemon



Baby Heirloom Tomatoes



Asparagus



Shallot



Dill



Parmesan Cheese, shredded



White Cooking Wine



Whole Grain Mustard



Honey



Miso Broth Concentrate

## HELLO SCALLOPS

*Sweet, briny and buttery tasting with a perfectly tender texture when pan-fried!*

## Start here

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

**Measurements within steps** **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

## Bust out

Baking sheet, measuring spoons, zester, medium pot, large bowl, measuring cups, large pot, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Sea Scallops	227 g	454 g
Arborio Rice	¾ cup	1 ½ cups
Lemon	1	2
Baby Heirloom Tomatoes	227 g	454 g
Asparagus	227 g	454 g
Shallot	50 g	100 g
Dill	7 g	14 g
Parmesan Cheese, shredded	½ cup	1 cup
White Cooking Wine	4 tbsp	8 tbsp
Whole Grain Mustard	1 tbsp	2 tbsp
Honey	½ tbsp	1 tbsp
Miso Broth Concentrate	2	4
Butter*	2 tbsp	4 tbsp
Oil*		

Salt and Pepper\*

\* Pantry items

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

## 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.*

## Contact

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### 1 Prep and start risotto

- Combine **4 cups** (5 cups) **warm water** and **miso broth concentrate** in a medium pot. Cover and bring to a gentle boil over high heat. Once boiling, remove lid and reduce heat to low.
- Heat a large pot over medium heat.
- Meanwhile, peel then finely chop **shallots**.
- When the pot is hot, add **1 tbsp** (2 tbsp) **oil**, then **two-thirds of the shallots**. Cook, stirring occasionally, until softened, 1-2 min.



### 4 Marinate veggies

- Meanwhile, add **mustard**, **half the honey** (use all for 4 ppl), **half the dill**, **remaining shallots**, **2 tsp** (4 tsp) **lemon juice** and **½ tbsp** (1 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, then stir to combine.
- When **roasted veggies** are done, add to the bowl with **marinade**. Toss to combine.



### 2 Cook risotto and finish prep

- Add **rice**. Cook, stirring often, until fragrant, 1-2 min. Add **cooking wine**. Season with **salt** and **pepper**. Cook, stirring often, until fragrant, 30 sec.
- Add **1 cup broth** to the pan with **rice**. Cook, stirring occasionally, 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, 28-30 min.
- Meanwhile, zest, then juice **lemon**.
- Trim and discard bottom 1-inch of **asparagus**. Cut **asparagus** in half crosswise.
- Roughly chop **dill**.



### 5 Cook scallops

- When **risotto** is almost done, heat a large non-stick pan over high heat.
- While pan heats, drain and rinse **scallops**. Pat dry with paper towels, pressing well to absorb as much moisture as possible.
- Season with **salt** and **pepper**.
- When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **scallops**. Pan-fry until golden-brown and cooked through, 2 min per side.\*\*



### 3 Broil veggies

- Add **asparagus**, **tomatoes** and **1 tbsp** (2 tbsp) **oil** to an unlined baking sheet. Season with **salt** and **pepper**, then toss to combine.
- Broil in the **middle** of the oven, stirring halfway through, until **asparagus** is lightly charred and **tomatoes** burst, 7-9 min.



### 6 Finish and serve

- Remove **risotto** from heat, then add **Parmesan**, **lemon zest**, **remaining dill**, **2 tsp** (4 tsp) **lemon juice** and **2 tbsp** (4 tbsp) **butter**. Stir often until **cheese** melts, 1-2 min. Season with **salt** and **pepper**, to taste.
- Divide **risotto** and **veggies** between plates.
- Top **risotto** with **scallops**.
- Spoon **any remaining marinade** from the bowl over **scallops**.

**Dinner Solved!**