



# Scallop Risotto

with Sweet Peas and Parmesan

Special Plus

50 Minutes



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Sea Scallops



Shrimp



Arborio Rice



Chives



Parmesan Cheese, shredded



Onion, chopped



Vegetable Broth Concentrate



Green Peas



Baby Spinach



Garlic Puree



Cream



White Cooking Wine



Lemon

### CUSTOM RECIPE

This is a Custom Recipe. If you chose to add your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

### HELLO SCALLOPS

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

## Start here

Before starting, wash and dry all produce.

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

## Bust out

Medium non-stick pan, measuring spoons, zester, medium pot, measuring cups, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Sea Scallops	227 g	454 g
Shrimp	285 g	570 g
Arborio Rice	¾ cup	1 ½ cups
Chives	7 g	14 g
Parmesan Cheese, shredded	¼ cup	½ cup
Onion, chopped	56 g	113 g
Vegetable Broth Concentrate	1 tbsp	2 tbsp
Green Peas	56 g	113 g
Baby Spinach	56 g	113 g
Garlic Puree	2 tbsp	4 tbsp
Cream	56 ml	113 ml
White Cooking Wine	4 tbsp	8 tbsp
Lemon	1	2
Unsalted 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.



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1



## Prep

- Combine **4 ½ cups** (5 ½ cups) **water** and **broth concentrate** in a medium pot. Cover and bring to a gentle boil over medium heat.
- Meanwhile, zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Thinly slice **chives**.
- Roughly chop **spinach**.

4



## Finish risotto

- When the **last cup of broth** has been absorbed and **rice** is tender and creamy, reduce heat to low.
- Add **peas**. Cook, stirring often, until warmed through, 3-4 min.
- Add **spinach, cream, ½ tsp** (1 tsp) **lemon zest, 1 tsp** (2 tsp) **lemon juice** and **half the Parmesan**. Stir until **spinach** wilts, 1-2 min.
- Season with **salt** and **pepper**, to taste.

2



## Start risotto

- Heat a large non-stick pan over medium heat.
- When hot, add **2 tbsp** (4 tbsp) **butter**, then **onions**. Season with **salt**. Cook, stirring occasionally, until softened, 2-3 min.
- Add **rice** and **garlic puree**. Cook, stirring often, until fragrant, 1-2 min.
- Add **cooking wine**. Cook, stirring often, until evaporated, 1-2 min.

5



## Cook scallops

- When **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.\*\*

If you've opted to add **shrimp**, using a strainer, drain and rinse, then pat dry with paper towels. Season with **salt** and **pepper**. Cook **shrimp** in the same pan alongside the **scallops**.\*\*

3



## Cook risotto

- 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, 28-30 min.

6



## Finish and serve

- Divide **risotto** between bowls, then top with **scallops**.
- Sprinkle with **chives** and **remaining Parmesan**.
- Squeeze a **lemon wedge** over top, if desired.

Top risotto with shrimp.

## Dinner Solved!