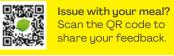


Scallop Risotto

with Sweet Peas and Parmesan

Special Plus

50 Minutes







Sea Scallops









Arborio Rice

Chives





Parmesan Cheese, shredded

Onion, chopped







Vegetable Broth Concentrate









Garlic Puree

Green Peas

Baby Spinach





White Cooking Wine



Lemon



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!

Start here

Before starting, wash and dry all produce.

Measurements 1 tbsp (2 tbsp) within steps

Bust out

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

Ingredients

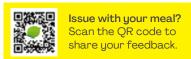
	2 Person	4 Person
Sea Scallops	227 g	454 g
Shrimp	285 g	570 g
Arborio Rice	¾ cup	1 ½ cups
Chives	7 g	14 g
Parmesan Cheese, shredded	1⁄4 cup	½ cup
Onion, chopped	56 g	113 g
Vegetable Broth Concentrate	1 tbsp	2 tbsp
Green Peas	56 g	113 g
Baby Spinach	56 g	113 g
Garlic Puree	2 tbsp	4 tbsp
Cream	56 ml	113 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, sov. sulphites, tree nuts and wheat.





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**.



- · 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.



- 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.



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.



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.**



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!