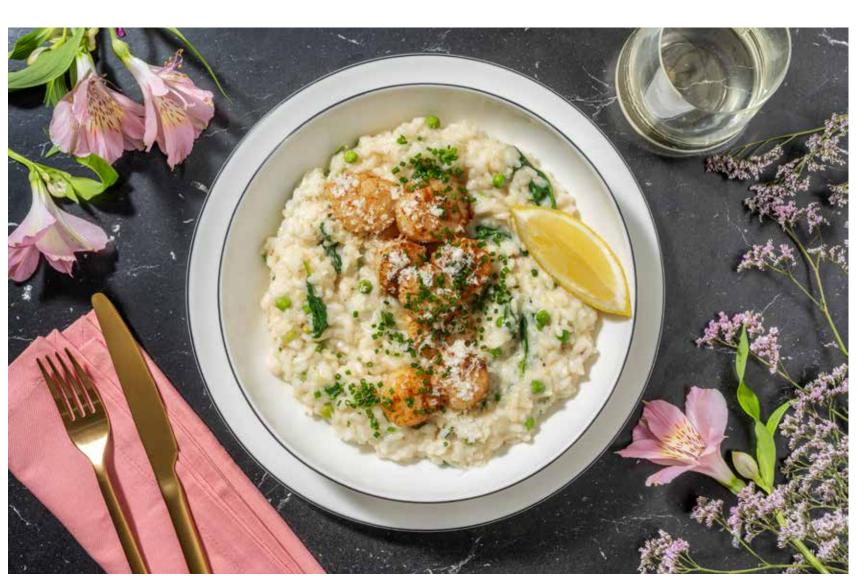


HELLO Scallop Risotto FRESH With Sweet Peas and Parn

with Sweet Peas and Parmesan

Valentine's Day

50 Minutes





Sea Scallops



227 g | 454 g

3/4 cup | 1 1/2 cups







Chives

7 g | 14 g

Cheese, shredded 1/4 cup | 1/2 cup



Onion, chopped



56 g | 113 g





Green Peas



56 g | 113 g

Baby Spinach 56 g | 113 g







2 tbsp | 4 tbsp

56 ml | 113 ml



White Cooking 4 tbsp | 8 tbsp



1 | 2

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. Cooking utensils | Medium non-stick pan, measuring spoons, zester, medium pot, measuring cups, large non-stick pan, paper towels



Prep

- Before starting, wash and dry all produce.
- Combine **4 ½ cups water** (5 ½ cups for 4 ppl) 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.



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.



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.



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.



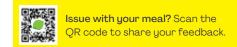
Cook scallops

- 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.***



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.



Measurements

within steps

1 tbsp

(2 tbsp)

oil