



Scallop Risotto

with Sweet Peas and Parmesan

Valentine's Day

50 Minutes



Sea Scallops
227 g | 454 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

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 Call us (855) 272-7002 | Visit us HelloFresh.ca | Follow us @HelloFreshCA

Ingredient quantities 56 g | 113 g
2 person 4 person

1



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**.

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.

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.

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.

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.**

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.

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



Issue with your meal? Scan the QR code to share your feedback.