



### In your box

- 1 Tbsp. Savory Seasoning
- .24 oz. Parmesan Cheese Crisps
- .6 oz. Butter
- 1 Lemon
- 1 oz. Sour Cream
- 2 tsp. Mirepoix Broth Concentrate
- 6 oz. Broccoli Florets
- ¾ cup Arborio Rice
- 1 oz. Grated Parmesan

### Customize It Options

- 8 oz. Scallops
- 16 oz. USDA Choice Boneless Ribeye Steak (1 Steak, Serves 2)
- 13 oz. Boneless Skinless Chicken Breasts
- 8 oz. Shrimp
- 16 oz. Double Portion-Scallops

\*Contains: milk

### You will need

- Olive Oil, Salt, Pepper, Cooking Spray
- 2 Medium Pots, Baking Sheet, Medium Non-Stick Pan

### Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef	Ground Pork		
165°	Chicken	Ground Turkey		

Culinary Collection



## Scallops and Lemon Parmesan Risotto

with roasted broccoli

NUTRITION per serving—Calories: 606, Carbohydrates: 73g, Sugar: 4g, Fiber: 6g, Protein: 31g, Sodium: 1909mg, Fat: 22g, Saturated Fat: 9g  
 Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

\*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

**35-45 min.**

Cook Within

**3 days**

Difficulty Level

**Intermediate**

Spice Level

**Not Spicy**

## Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **425 degrees**
- Bring 4 cups **water** to a boil in a medium pot
- Prepare a baking sheet with foil and cooking spray

### Customize It Instructions

- If using **16 oz. scallops**, follow same instructions as 8 oz. scallops, working in batches if necessary.
- If using **shrimp**, follow same instructions as scallops in Step 4, cooking until shrimp reaches minimum internal temperature, 2-3 minutes per side.
- If using **chicken breasts**, pat dry and, on a separate cutting board, cut into 1" dice. Follow same instructions as scallops in Step 4, stirring occasionally until chicken reaches minimum internal temperature, 5-7 minutes.
- If using **ribeye**, follow same instructions as scallops in Step 4, cooking until steak reaches minimum internal temperature, 4-6 minutes per side. Rest 3 minutes. Halve, and serve on the side, if desired.



### 1. Prepare Ingredients and Roast Broccoli

- Halve **lemon**. Cut one half into wedges and juice the other half.
- Coarsely crush **cheese crisps**.
- Cut **broccoli** into bite-sized pieces.
- Place broccoli on prepared baking sheet and toss with 1 tsp. **olive oil** and a pinch of **salt** and pepper. Massage oil and seasoning into broccoli.
- Spread into a single layer and roast in hot oven until browned and fork-tender, 14-16 minutes.
- While broccoli roasts, start risotto.



### 2. Start the Risotto

- Place another medium pot over medium heat and add 1 tsp. **olive oil**. Add **rice** to hot pot and stir occasionally until toasted and opaque, 1-2 minutes.
- Add 1 cup **boiling water** from other pot, **mirepoix base**, and **seasoning blend**. *Rice should just be covered by water.* Stir often until nearly all water is absorbed.



### 3. Finish the Risotto

- Add ½ cup **boiling water** from other pot and stir often again until nearly all water is absorbed. Repeat this process, stirring often, 18-20 minutes.
- Taste *risotto* as you cook, *checking for tenderness*. *When rice has no more "bite" or crunch, it's done. There may be water left.*
- Remove from burner. Add 2 tsp. **lemon juice**, **Parmesan**, **butter**, **sour cream**, and ¼ tsp. **salt**. Stir until butter is melted and risotto is creamy. Cover and set aside.



### 4. Cook the Scallops

- Pat **scallops** dry, and season both sides with a pinch of **pepper**. *Scallops will vary in amount as they are portioned by weight. Don't worry, the sweet flavor and tender texture will be the same.*
- Place a medium non-stick pan over medium-high heat and add 1 tsp. **olive oil**.
- Working in batches if necessary, add scallops to hot pan and cook until scallops reach a minimum internal temperature of 145 degrees, 1-2 minutes per side.
- Remove from burner.



### 5. Finish the Dish

- Plate dish as pictured on front of card, topping **risotto** with **scallops** and **broccoli**. Garnish with **cheese crisps** and squeeze **lemon wedges** over to taste. Bon appétit!