



#### In your box

1 Ciabatta  
2 oz. White Cooking Wine  
4 Garlic Cloves  
4 oz. Light Cream  
6 oz. Campanelle Pasta  
1 Shallot  
1 oz. Grated Parmesan  
5 oz. Peas  
¼ tsp. Red Pepper Flakes

#### Customize It Options

8 oz. Scallops  
8 oz. Shrimp  
16 oz. Scallops—Double Portion  
12 oz. Diced Boneless Skinless  
Chicken Breasts

\*Contains: milk, wheat

#### You will need

Olive Oil, Salt, Pepper, Cooking Spray  
Baking Sheet, Medium Pot, Large  
Non-Stick Pan, Colander



Culinary Collection

## Scallop Scampi Campanelle with Creamy Parmesan Sauce and garlic bread

NUTRITION per serving—Calories: 882, Carbohydrates: 108g, Fat: 31g, Protein: 39g, Sodium: 1671mg.

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

25-35 min.

Cook Within

3 days

Difficulty Level

Intermediate

Spice Level

Mild

## 👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **400 degrees**
- Bring a medium pot of **water** to a boil
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **garlic, Parmesan**

### Customize It Instructions

- If using **16 oz. scallops**, follow same instructions, working in batches if necessary.
- If using **shrimp**, follow same instructions as scallops in Steps 2 and 3, cooking undisturbed until seared on one side, 2-3 minutes. Flip, and cook until shrimp reaches a minimum internal temperature, 1-2 minutes.
- If using **diced chicken breast**, follow same instructions as scallops in Steps 2 and 3, stirring occasionally until chicken reaches minimum internal temperature, 5-7 minutes.

Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



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### Start the Pasta

- Once water is boiling, add **pasta** and cook until al dente, 8-10 minutes.
- Reserve  $\frac{1}{4}$  cup **pasta cooking water**. Drain pasta in a colander. Set aside.
- While pasta cooks, prepare ingredients.



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### Prepare the Ingredients

- Peel and mince **shallot**.
- Halve **ciabatta**, if necessary.
- Mince **garlic**.
- 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.*



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### Cook the Scallops

- Heat a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**.
- Add **scallops** to hot pan and cook until scallops are browned and reach a minimum internal temperature of 145 degrees, 1-2 minutes per side.
- Transfer scallops to a plate. Wipe pan clean and reserve.



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### Make the Garlic Bread

- Place **ciabatta** on prepared baking sheet, cut-side up. Drizzle with 1 tsp. **olive oil** and top evenly with half the **garlic** (reserve remaining for sauce) and a pinch of **salt** and **pepper**.
- Bake in hot oven until golden brown, 5-7 minutes.
- While ciabatta bakes, finish pasta.



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### Finish Pasta and Finish Dish

- Return pan used to cook scallops to medium heat and add 2 tsp. **olive oil**. Add **shallot** and remaining **garlic** to hot pan and cook until fragrant, 30-60 seconds.
- Add **white wine** and cook until mostly evaporated, 1-2 minutes.
- Add **cream** and **reserved pasta cooking water** and bring to a simmer. Once simmering, stir occasionally until slightly thickened, 1-2 minutes.
- Stir in **Parmesan** (reserve a pinch for garnish), **peas**, **pasta**, **scallops**,  $\frac{1}{2}$  tsp. **salt**, and a pinch of **pepper** until combined and heated through, 30-60 seconds.
- Plate dish as pictured on front of card, garnishing with remaining Parmesan and **red pepper flakes** (to taste). Bon appétit!