



In your box

- 🔪 1 oz. Crispy Jalapeños
- 12 oz. Yukon Potato
- 4 oz. Light Cream
- 1 Yellow Onion
- 5 oz. Corn Kernels
- 4 tsp. Mirepoix Broth Concentrate
- ¼ oz. Cilantro

Customize It Options

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

*Contains: milk, wheat

You will need

- Olive Oil, Salt
- Medium Pot, Medium Non-Stick Pan

Minimum Internal Protein Temperature

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

Culinary Collection



Scallop and Corn Chowder

with crispy jalapeños

NUTRITION per serving—Calories: 595, Carbohydrates: 69g, Sugar: 13g, Fiber: 6g, Protein: 20g, Sodium: 1288mg, Fat: 32g, Saturated Fat: 10g
 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

30-40 min.

Cook Within

3 days

Difficulty Level

Intermediate

Spice Level

Mild

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry



1. Prepare the Ingredients

- Cut **potato** into ½" dice.
- Stem and mince **cilantro**.
- Halve and peel **onion**. Cut halves into ¼" dice.
- Pat **scallops** dry and halve. *Scallops will vary in amount as they are portioned by weight. Don't worry, the sweet flavor and tender texture will be the same.*



2. Start the Chowder

- Place a medium pot over medium-high heat and add 2 tsp. **olive oil**.
- Add **onion** to hot pot and stir often until slightly softened but not browned, 3-4 minutes.
- Add **potato**, 1 ¾ cups **water**, **mirepoix base**, and ¼ tsp. **salt**. Bring to a boil.
- Once boiling, cook until potatoes are tender, 8-10 minutes.

Customize It Instructions

- If using **16 oz. scallops**, follow same instructions as 8 oz. scallops, cooking until scallops reach minimum internal temperature.
- If using **8 oz. shrimp** or **16 oz. shrimp**, pat dry. Follow same instructions as scallops in Step 4, cooking in batches if necessary until shrimp reach minimum internal temperature, 2-3 minutes per side.
- If using **diced chicken**, pat dry. Follow same instructions as scallops in Step 4, stirring occasionally until chicken reaches minimum internal temperature, 5-7 minutes.



3. Finish the Chowder

- Add **cream** and **corn** to hot pot. Return to a boil.
- Once boiling, stir occasionally until slightly thickened, 6-8 minutes.
- Remove from burner. Taste, and season with ¼ tsp. **salt** if desired.
- While chowder cooks, cook scallops.



4. Cook the Scallops

- Place a medium 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.
- Remove from burner.



5. Finish the Dish

- Plate dish as pictured on front of card, topping **chowder** with **scallops** and garnishing with **cilantro** and **crispy jalapeños** (to taste). Bon appétit!