



In your box

.6 oz. Butter
2 oz. Grated Parmesan
½ cup Arborio Rice
2 tsp. Mirepoix Base
1 Lemon
5 oz. Asparagus
2 Garlic Cloves
2 Green Onions

Customize It Options

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

*Contains: milk

You will need

Olive Oil, Salt, Pepper
2 Medium Pots, Large Non-Stick Pan



Scallops and Parmesan-Garlic Risotto with asparagus

NUTRITION per serving—Calories: 584, Carbohydrates: 53g, Fat: 28g, Protein: 31g, Sodium: 1608mg.

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

45-55 min.

Cook Within

3 days

Difficulty Level

Intermediate

Spice Level

Not Spicy

👑 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
- Bring 4 cups **water** to a boil in a medium pot
- Ingredient(s) used more than once: **green onions, Parmesan**

Customize It Instructions

- If using **16 oz. scallops**, pat dry and season all over with $\frac{1}{4}$ tsp. **salt** and a pinch of **pepper**. Follow same instructions as 8 oz. scallops in Step 5, cooking in batches if necessary.
- If using **shrimp**, pat dry and season all over with a pinch of salt and pepper. Follow same instructions as scallops in Step 5, cooking until shrimp reaches minimum internal temperature, 2-3 minutes per side
- If using **diced chicken**, pat dry and season all over with a pinch of salt and pepper. Follow same instructions as scallops in Step 5, stirring occasionally until chicken reaches minimum internal temperature, 5-7 minutes.

Minimum Internal Temperature

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



1

Prepare the Ingredients

- Quarter **lemon**.
- Trim woody ends off **asparagus** and cut into 1" lengths.
- Trim and thinly slice **green onions**, keeping white and green portions separate.
- Mince **garlic**.
- Pat **scallops** dry, and season both sides with a pinch of **salt** and **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.*



2

Start the Risotto

- Place another medium pot over medium-high heat and add 2 tsp. **olive oil**.
- Add **rice** and **white portions of green onions** to hot pot and cook undisturbed, 1 minute.
- Add **garlic** and stir occasionally until garlic is fragrant and rice is toasted and opaque, 1-2 minutes.



3

Finish the Risotto

- Add **mirepoix base** and 1 cup **boiling water** from other pot to pot with rice. *Rice should just be covered by water.* Stir often until nearly all water is absorbed.
- Add $\frac{1}{2}$ 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 and stir in **butter, Parmesan** (reserve a pinch for garnish), $\frac{1}{4}$ tsp. **salt**, and a pinch of **pepper**. Cover and set aside.



4

Cook the Asparagus

- Place a large non-stick pan over medium heat and add 2 tsp. **olive oil**.
- Add **asparagus** and a pinch of **salt** and **pepper** to hot pan. Stir occasionally until lightly charred and tender, 8-10 minutes.
- Transfer asparagus to a plate. Reserve pan; no need to wipe clean.



5

Cook Scallops and Finish Dish

- Return pan used to cook asparagus to medium-high heat and add 2 tsp. **olive oil**.
- Add **scallops** to hot pan and cook until scallops reach a minimum internal temperature of 145 degrees, 1-2 minutes per side.
- Plate dish as pictured on front of card, topping **risotto** with scallops and **asparagus**. Garnish with reserved **Parmesan** and **green portions of green onions**. Squeeze **lemon wedges** over to taste. Bon appétit!