



- In your box**
- ¾ cup Arborio Rice
 - 1 oz. Crumbled Bacon
 - ¼ oz. Parsley
 - 2 oz. White Cooking Wine
 - 1 oz. Butter
 - 1 oz. Shaved Parmesan
 - 2 oz. Light Cream Cheese
 - 4 oz. Mirepoix Blend
 - 4 tsp. Mirepoix Broth Concentrate

- Customize It Options**
- 8 oz. Scallops
 - 12 oz. Salmon Fillets
 - 8 oz. Shrimp
 - 16 oz. Double Portion–Scallops
 - 13 oz. Boneless Skinless Chicken Breasts

*Contains: milk

- You will need**
- Olive Oil, Salt, Pepper
 - Large Non-Stick Pan, 2 Medium Pots

Minimum Internal Protein Temperature

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

Culinary Collection



Scallop Carbonara Risotto

with bacon and Parmesan

NUTRITION per serving—Calories: 704, Carbohydrates: 70g, Sugar: 4g, Fiber: 4g, Protein: 34g, Sodium: 1514mg, Fat: 30g, Saturated Fat: 14g
 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

Not Spicy

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Bring 4 cups **water** to a boil in a medium pot

Customize It Instructions

- If using 16 oz. **scallops**, follow same instructions, cooking in batches if necessary.
- If using **shrimp**, pat dry and season all over with a pinch of **salt** and **pepper**. Follow same instruction as scallops in Step 4, cook until shrimp reaches minimum internal temperature, 2-3 minutes per side.
- If using **salmon fillets**, pat dry and season flesh side with ¼ tsp. salt and a pinch of pepper. Follow same instructions as scallops in Step 4, cooking until salmon skin side up first reaches minimum internal temperature, 4-6 minutes per side.
- If using **chicken breasts**, pat dry and season both sides with a pinch of salt and pepper. Follow same instruction as scallops in Step 4, cooking until chicken reaches minimum internal temperature, 5-7 minutes per side.



1. Prepare the Ingredients

- Mince **parsley**, leaves and stems.
- Pat **scallops** dry. *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 heat and add 1 tsp. **olive oil**.
- Add **mirepoix vegetable blend** and **bacon** to hot pot. Stir occasionally until vegetables softened, 2-3 minutes.
- Add **rice** and stir occasionally until toasted and opaque, 1-2 minutes.
- Stir in **wine** and **mirepoix base**. Cook until liquid is almost completely evaporated, 1-2 minutes.



3. Finish the Risotto

- Add 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 ½ cup boiling water 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. Stir in **cream cheese**, **butter**, ¼ tsp. **salt**, and ¼ tsp. **pepper**. Cover and set aside.



4. Cook the Scallops

- Place a large non-stick pan over medium-high heat and add 1 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.
- Remove from burner.



5. Finish the Dish

- Plate dish as pictured on front of card, topping **risotto** with **scallops** and garnishing with **Parmesan** and **parsley**. Bon appétit!