



In your box

- 1 oz. Seasoned Croutons
- ½ oz. Capers
- 1 Lemon
- 5 oz. Linguine
- 2 oz. Sour Cream
- 4 tsp. Mirepoix Broth Concentrate
- 2 oz. Baby Spinach
- 1 oz. Grated Parmesan

Customize It Options

- 8 oz. Scallops
- 14 oz. USDA Choice New York Strip Steak (1 Steak, Serves 2)
- 12 oz. Sirloin Steaks
- 13 oz. Boneless Skinless Chicken Breasts
- 16 oz. Double Portion-Scallops

*Contains: milk, wheat, soy

You will need

- Olive Oil, Salt, Pepper
- Medium Pot, Colander, 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 with Lemon-Caper Pasta

with baby spinach

NUTRITION per serving—Calories: 572, Carbohydrates: 71g, Sugar: 8g, Fiber: 4g, Protein: 33g, Sodium: 1547mg, Fat: 17g, Saturated Fat: 7g
 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

Easy

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 8 cups **water** and 2 tsp. **salt** to a boil in a medium pot

Customize It Instructions

- If using **16 oz. scallops**, follow same instructions as 8 oz. scallops, working in batches if necessary.
- If using **whole chicken breasts**, pat dry, and cut into 1" pieces. Season with a pinch of **salt** and **pepper**. Follow same instructions as scallops in Step 3, stirring occasionally until chicken reaches minimum internal temperature, 5-7 minutes.
- If using **sirloin steaks**, follow same instructions as scallops in Steps 1 and 3, cooking until steak reaches minimum internal temperature, 4-6 minutes per side. Rest, 3 minutes. Serve alongside pasta.
- If using **New York strip**, follow same instructions as scallops in Steps 1 and 3, cooking until steak reaches minimum internal temperature, 9-11 minutes per side. Rest, 3 minutes. Halve to serve. Serve alongside pasta.



1. Prepare the Ingredients

- Halve **lemon** lengthwise. Cut one half into wedges and juice the other half.
- Coarsely crush **croutons**.
- 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 Pasta

- Once **water** is boiling, add **pasta** and cook until al dente, 10-12 minutes.
- Reserve ¼ cup **pasta cooking water**. Drain pasta in a colander and set aside. Reserve pot; no need to wipe clean.
- While pasta cooks, cook scallops.



3. Cook the Scallops

- Place a medium non-stick pan over medium-high and add 1 tsp. **olive oil**.
- Add **scallops** to hot pan and cook until golden brown and scallops reach a minimum internal temperature of 145 degrees, 1-2 minutes per side.
- Remove scallops to a plate.



4. Finish the Pasta

- Return pot used to cook pasta to medium heat. Add **pasta cooking water**, **mirepoix base**, and a pinch of **salt** to hot pot. Stir to combine.
- Stir in cooked **pasta**, **sour cream**, and **Parmesan** until pasta is fully coated.
- Add **spinach**, **capers**, and 1 Tbsp. **lemon juice**. Stir often until spinach begins to wilt, 1-2 minutes.
- Remove from burner.



5. Finish the Dish

- Plate dish as pictured on front of card, topping **pasta** with **scallops** and garnishing with **crushed croutons**. Squeeze **lemon wedges** over to taste. Bon appétit!