



In your box

- 1 Lemon
- 2 oz. Light Cream Cheese
- ½ oz. Flour
- 8 oz. Broccoli Florets
- 2 tsp. Mirepoix Broth Concentrate
- 1 Shallot
- 5 oz. Fettuccine Pasta
- ¼ oz. Pine Nuts
- 2 oz. Shredded Parmesan Cheese

Customize It Options

- 8 oz. Scallops
- 16 oz. Double Portion–Scallops
- 8 oz. Shrimp
- 12 oz. Diced Boneless Skinless Chicken Breasts
- 16 oz. USDA Choice Boneless Ribeye Steak (1 Steak, Serves 2)

*Contains: milk, wheat, tree nuts (pine nuts)

You will need

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

Minimum Internal Protein Temperature

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

Culinary Collection



Scallops and Lemon Fettuccine Alfredo

with roasted broccoli and pine nuts

NUTRITION per serving—Calories: 692, Carbohydrates: 78g, Sugar: 9g, Fiber: 7g, Protein: 40g, Sodium: 1581mg, Fat: 26g, 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

Not Spicy

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **425 degrees**
- Bring 8 cups **water** to a boil in a medium pot
- Prepare a baking sheet with foil and cooking spray

Customize It Instructions

- If using **16 oz. scallops**, follow same instructions as 8 oz. scallops, working in batches if necessary.
- If using **shrimp**, follow same instructions as scallops in Step 3, cooking until opaque and shrimp reach minimum internal temperature, 2-3 minutes per side.
- If using **diced chicken**, follow same instructions as scallops in Step 3, stirring occasionally until browned and chicken reaches minimum internal temperature, 5-7 minutes.
- If using **ribeye**, follow same instructions as scallops in Step 3, cooking undisturbed until browned and steaks reach minimum internal temperature, 4-6 minutes per side. Rest, 3 minutes. Halve to serve.



1. Cook the Pasta

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



2. Prepare Ingredients and Roast Broccoli

- Cut **broccoli** into bite-sized pieces, if necessary.
- Peel and mince **shallot**.
- Zest and halve **lemon**. Cut one half into wedges and juice the other half.
- Place broccoli on prepared baking sheet and toss with 1 tsp. **olive oil** and ¼ tsp. **salt**. Massage oil and seasoning into broccoli.
- Spread into a single layer and roast in hot oven until tender, 12-14 minutes.
- While broccoli roasts, cook scallops.



3. Cook the Scallops

- Pat **scallops** dry, and season both sides with a pinch of **pepper**.
- 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 are browned and reach a minimum internal temperature of 145 degrees, 1-2 minutes per side.
- Remove from burner. Transfer scallops to a plate and tent with foil. Wipe pan clean and reserve.



4. Make the Sauce

- Return pan used to cook scallops to medium heat and add 2 tsp. **olive oil**. Add **shallot** to hot pan and cook until fragrant, 30-60 seconds.
- Add **flour** and stir until no dry flour remains in pan.
- Add reserved **pasta cooking water**, **mirepoix base**, **cream cheese**, ¼ tsp. **salt**, and a pinch of **pepper**. Bring to a simmer.
- Once simmering, stir occasionally until completely combined and slightly thickened, 1-2 minutes.



5. Finish Sauce and Finish Dish

- Stir **cooked pasta**, **lemon zest**, 2 tsp. **lemon juice**, and half the **Parmesan** (reserve remaining for garnish) into hot pan until combined.
- Carefully taste, and season with a pinch of **salt** and **pepper**, if desired. *If too thick, add water, 1 Tbsp, at a time, until desired consistency is reached.* Remove from burner.
- Plate dish as pictured on front of card, topping pasta with **broccoli** and **scallops** and garnishing with remaining Parmesan and **pine nuts**. Squeeze **lemon wedges** over meal to taste. Bon appétit!