

LIMITED TIME ONLY
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In your box

- 4 oz. Grape Tomatoes
- 2 Garlic Cloves
- 2 Green Onions
- .8 oz. Tuscan Herb Butter
- .3 oz. Butter
- 1 Green Bell Pepper
- ¾ cup Arborio Rice
- 2 oz. Shredded Cheddar Cheese
- 🔥 1 tsp. Cajun Seasoning

Customize It Options

- 8 oz. Scallops
- 10 oz. Steak Strips
- 13 oz. Boneless Skinless Chicken Breasts
- 8 oz. Shrimp
- 16 oz. Double Portion–Scallops

*Contains: milk

You will need

Olive Oil, Salt, Pepper

2 Medium Pots, Large Non-Stick Pan

Minimum Internal Protein Temperature

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

Culinary Collection



Cajun Scallop Risotto

with green peppers and cheddar cheese

NUTRITION per serving—Calories: 694, Carbohydrates: 74g, Sugar: 6g, Fiber: 6g, Protein: 29g, Sodium: 1684mg, Fat: 32g, 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	Cook Within	Difficulty Level	Spice Level
35-45 min.	3 days	Intermediate	Mild

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
- Ingredient(s) used more than once: **green onions**

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 Steps 1 and 4 cooking undisturbed until shrimp reaches minimum internal temperature, 2-3 minutes.
- If using **chicken breasts**, pat dry, and, on a separate cutting board, cut into 1" dice and season with a pinch of **salt** and **pepper**. Follow same instructions as scallops in Step 4, stirring occasionally until chicken reaches minimum internal temperature, 5-7 minutes.
- If using **steak strips**, spread into a single layer, pat dry, and season with a pinch of salt and pepper. Follow same instructions as scallops in Step 4, stirring occasionally until no pink remains and steak reaches minimum internal temperature, 4-6 minutes. Rest, 3 minutes.



1. Prepare the Ingredients

- Trim and thinly slice **green onions**, keeping white and green portions separate.
- Stem, seed, remove ribs, and cut **green bell pepper** into ½" dice.
- Halve **tomatoes**.
- Mince **garlic**.
- Pat **scallops** dry, and season all over 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 **garlic** to hot pot. Stir occasionally until rice is toasted and opaque, 1-2 minutes.
- 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.



3. Finish the Risotto

- Add ½ 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. Stir in **Tuscan herb butter**, **cheese**, **green portions of green onions**, ¼ tsp. **salt**, and a pinch of **pepper** until combined. Cover and set aside.



4. Cook the Scallops

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



5. Cook Vegetables and Finish Dish

- Add 1 tsp. **olive oil**, **green bell pepper**, **seasoning blend**, **tomatoes**, **white portions of green onions**, ¼ tsp. **salt**, and a pinch of **pepper** to hot pan.
- Stir occasionally, breaking up tomatoes, until vegetables begin to soften, 3-5 minutes.
- Add ¼ cup **water** and bring to a simmer. Once simmering, cook until slightly thickened, 1-2 minutes.
- Remove from burner. Stir in **scallops** and **plain butter** until melted and combined.
- Plate dish as pictured on front of card, placing scallops and vegetables on **risotto**. Bon appétit!