



In your box

- 2 oz. Baby Spinach
- 1 Lemon
- 1 oz. Butter
- 2 tsp. Mirepoix Broth Concentrate
- 4 Garlic Cloves
- ½ cup Arborio Rice
- 1 oz. Crispy Fried Onions
- 1 oz. Light Cream Cheese
- 2 oz. Grated Parmesan

Customize It Options

- 8 oz. Scallops
- 12 oz. Filets Mignon
- 13 oz. Boneless Skinless Chicken Breasts
- 8 oz. Shrimp
- 16 oz. Double Portion-Scallops

*Contains: milk, wheat

You will need

- Olive Oil, Salt, Pepper
- 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



Scallop Rockefeller Risotto

with spinach and crispy fried onions

NUTRITION per serving—Calories: 673, Carbohydrates: 60g, Sugar: 2g, Fiber: 4g, Protein: 33g, Sodium: 1662mg, Fat: 34g, Saturated Fat: 15g
 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

35-45 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
- Ingredient(s) used more than once: **Parmesan**

Customize It Instructions

- If using **16 oz. scallops**, follow same instructions, working in batches if necessary.
- If using **shrimp**, follow same instructions as scallops in Steps 1 and 4, cooking until shrimp reach minimum internal temperature, 2-3 minutes per side.
- If using **whole chicken breasts**, follow same instructions as scallops in Steps 1 and 4, cooking until chicken reaches minimum internal temperature, 5-7 minutes per side. Serve alongside risotto.
- If using **filets mignon**, follow same instructions as scallops in Steps 1 and 4, cooking until filets reach minimum internal temperature, 5-8 minutes per side. Rest, 3 minutes. Serve alongside risotto.



1. Prepare the Ingredients

- Halve **lemon**. Cut one half into wedges and juice the other half.
- Coarsely crush **crispy onions**.
- Mince **garlic**.
- 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 a medium pot over medium heat and add 1 tsp. **olive oil**. Add **garlic** to hot pot and stir constantly until aromatic, 30-60 seconds.
- Add **rice** and stir occasionally until toasted and opaque, 1-2 minutes.
- Stir in 1 cup **water**, **mirepoix base**, and a pinch of **salt**. Bring to a simmer. Once simmering, cook undisturbed, 4 minutes.
- Stir in 1 cup water. Return to a simmer. Once simmering, cook until liquid is almost entirely absorbed, 13-15 minutes.
- Remove from burner.



3. Finish the Risotto

- Add **spinach**, **Parmesan** (reserve 1 Tbsp. for garnish), **butter**, **cream cheese**, 2 tsp. **lemon juice**, and a pinch of **salt** and **pepper** to pot with **risotto**.
- Stir until spinach is wilted, 30-60 seconds.
- 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 from burner.



5. Finish the Dish

- Plate dish as pictured on front of card, topping **risotto** with **scallops** and garnishing with **crispy onions** and remaining **Parmesan**. Squeeze **lemon wedges** over to taste. Bon appétit!