



In your box

- 5 oz. Asparagus
- 2 Garlic Cloves
- ½ cup Arborio Rice
- 2 tsp. Mirepoix Broth Concentrate
- 1 Lemon
- .6 oz. Butter
- 2 oz. Grated Parmesan
- 2 Green Onions

Customize It Options

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

*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



Scallops and Parmesan-Garlic Risotto

with asparagus

NUTRITION per serving—Calories: 591, Carbohydrates: 55g, Sugar: 3g, Fiber: 5g, Protein: 31g, Sodium: 1622mg, Fat: 28g, Saturated Fat: 9g
 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

50-60 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
- Ingredient(s) used more than once: **green onions**, **cheese**

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 5, cooking undisturbed until shrimp reach minimum internal temperature, 2-3 minutes per side.
- If using **diced chicken**, follow same instructions as scallops in Steps 1 and 5, stirring occasionally until chicken reaches minimum internal temperature, 5-7 minutes.
- 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.



1. Prepare the Ingredients

- Quarter **lemon**.
- Trim woody ends off **asparagus** and cut into 1" lengths.
- Trim and thinly slice **green onions**, keeping white and green portions separate.
- Mince **garlic**.
- 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 Risotto

- Place another medium pot over medium-high heat and add 2 tsp. **olive oil**.
- Add **rice** and **white portions of green onions** to hot pot and cook undisturbed, 1 minute.
- Add **garlic** and stir occasionally until garlic is fragrant and rice is toasted, 1-2 minutes.



3. Finish the Risotto

- Add **mirepoix base** and 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 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 **butter**, **cheese** (reserve a pinch for garnish), and a pinch of **salt** and **pepper**. Cover and set aside.



4. Cook the Asparagus

- Place a large non-stick pan over medium heat and add 2 tsp. **olive oil**.
- Add **asparagus** and a pinch of **salt** and **pepper** to hot pan. Stir occasionally until lightly charred and tender, 8-10 minutes.
- Remove from burner. Transfer asparagus to a plate. Reserve pan; no need to wipe clean.



5. Cook Scallops and Finish Dish

- Return pan used to cook asparagus to medium-high heat and add 2 tsp. **olive oil**.
- Add **scallops** to hot pan and cook until browned and scallops reach a minimum internal temperature of 145 degrees, 1-2 minutes per side.
- Remove from burner.
- Plate dish as pictured on front of card, topping **risotto** with scallops and **asparagus**. Garnish with reserved **cheese** and **green portions of green onions**. Squeeze **lemon wedges** over to taste. Bon appétit!