



Scallops and Lemon Parmesan Risotto

WITH ROASTED BROCCOLI

Culinary Collection



Prep & Cook Time

35-45 MIN

Cook Within

3 DAYS

You Will Need

Olive Oil, Salt, Pepper, Cooking Spray

Medium Non-Stick Pan, Baking Sheet, 2 Medium Pots

Ingredients

- 3/4 cup Arborio Rice
- 1 oz. Grated Parmesan Cheese
- .6 oz. Butter
- 6 oz. Broccoli Florets
- 2 tsp. Mirepoix Broth Concentrate
- 1 oz. Sour Cream
- 1 Lemon
- 2 tsp. Savory Seasoning

Difficulty Level

EXPERT

Spice Level

NOT SPICY

Customize It Options

- 8 oz. Scallops
- 10 oz. Steak Strips
- 8 oz. Shrimp
- 16 oz. Double Portion Scallops

Minimum Internal Protein Temperature

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

Rest steak or pork after cooking, 3 minutes.

View nutritional information at www.homechef.com/17295

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, sesame, and shellfish ingredients.

If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.

Before You Cook

All cook times are approximate based on testing.

- If using any fresh produce, thoroughly rinse and pat dry
- Turn oven on to **425 degrees**. Let preheat, at least 10 minutes
- Bring 4 cups water to a boil in a medium pot
- Prepare a baking sheet with foil and cooking spray



1. Prepare Ingredients and Roast Broccoli

- Halve **lemon**. Cut one half into wedges and juice the other half.
- Cut **broccoli** into bite-sized pieces.
- Place broccoli on prepared baking sheet and toss with 1 tsp. **olive oil** and a pinch of **salt** and **pepper**. Massage oil and seasoning into broccoli.
- Spread into a single layer and roast in hot oven until browned and fork-tender, 14-16 minutes.
- While broccoli roasts, continue recipe.

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 4, cooking until shrimp reach minimum internal temperature, 2-3 minutes per side.
- If using **steak strips**, separate into a single layer, pat dry, and coarsely chop. 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.



2. Start the Risotto

- Place another medium pot over medium heat and add 1 tsp. **olive oil**. Add **rice** to hot pot and stir occasionally until toasted and opaque, 1-2 minutes.
- Add 1 cup **boiling water** from other pot, **mirepoix base**, and **savory seasoning**. 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. Add 2 tsp. **lemon juice**, **cheese**, **butter**, **sour cream**, and ¼ tsp. **salt**. Stir until butter is melted and risotto is creamy. Cover and set aside.



4. Cook the Scallops

- Pat **scallops** dry, and season both sides with a pinch of **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.*
- Place a medium non-stick pan over medium-high heat and add 1 tsp. **olive oil**.
- Working in batches if necessary, add scallops to hot pan and cook until 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 **broccoli**. Squeeze **lemon wedges** over to taste. Bon appétit!