



In your box

8 oz. Scallops
2 tsp. Mirepoix Base
2 oz. Grated Parmesan
½ cup Arborio Rice
2 Garlic Cloves
4 oz. Grape Tomatoes
6 oz. Broccoli Florets
.6 oz. Butter



Garlic Scallops over Parmesan Risotto

with blistered grape tomatoes and broccoli

NUTRITION per serving—Calories: 615, Carbohydrates: 57g, Fat: 30g, Protein: 32g, Sodium: 1633mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
30-40 min.

Cook Within
3 days

Difficulty Level ● ● ● ● ●
Intermediate

Spice Level ● ● ● ● ●
Not Spicy

📌 You will need

Olive Oil, Salt, Pepper

2 Medium Pots, Medium Non-Stick Pan

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- Bring 4 cups **water** and **mirepoix base** to a boil in a medium pot
- Thoroughly rinse produce and pat dry
- Ingredient(s) used more than once: **garlic**, **Parmesan**



1

Prepare the Ingredients

- Halve **tomatoes**.
- Mince **garlic**.
- Cut **broccoli** into bite-sized pieces.
- 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 a medium pot over medium-high heat and add 2 tsp. **olive oil**.
- Add **rice** and half the **garlic** (reserve remaining for scallops) to hot pot. Stir occasionally until rice is toasted and opaque, 1-2 minutes.
- Add 1 cup **boiling water-mirepoix broth** to pot with rice. *Rice should just be covered by water.* Stir often until nearly all water is absorbed, 2-4 minutes.



3

Finish the Risotto

- Add ½ cup **broth** to pot with rice and stir often 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.*
- Remove from burner. Stir in **Parmesan** (reserve a pinch for garnish) and **broccoli** (cooked while risotto is made). Cover and set aside.
- While risotto cooks, cook broccoli.



4

Cook the Broccoli

- Place a medium non-stick pan over medium-high heat and add 2 tsp. **olive oil**.
- Add **broccoli**, ½ cup **water**, and a pinch of **salt** to hot pan. Stir occasionally until broccoli is bright green and tender, 5-7 min.
- Remove from burner and transfer broccoli to plate.
- Wipe pan clean and reserve.



5

Cook the Scallops and Tomatoes

- Return pan used to cook broccoli to medium-high heat and add 1 Tbsp. **olive oil**. Add **scallops** to hot pan and cook until scallops reach a minimum internal temperature of 145 degrees, 3-5 minutes per side.
- Add **butter**, **tomatoes**, remaining **garlic**, and ¼ tsp. **salt** and stir until lightly browned, 30-60 seconds.
- Remove from burner.
- Plate dish as pictured on front of card, placing scallops and tomatoes on **risotto** and garnishing with reserved **Parmesan**. Bon appétit!