



In your box
½ cup Arborio Rice
2 Garlic Cloves
¼ oz. Parsley
6 oz. Cremini Mushrooms
1 oz. Butter
2 oz. Grated Parmesan
4 tsp. Mirepoix Base

Customize It Options
8 oz. Scallops
8 oz. Shrimp
13 ½ oz. Organic Boneless Skinless Chicken Breasts

You will need
Olive Oil, Salt, Pepper
Medium Pot, Large Non-Stick Pan, Small Pot



Premium Meal

Scallop and Mushroom Risotto

with garlic and Parmesan

NUTRITION per serving—Calories: 586, Carbohydrates: 53g, Fat: 28g, Protein: 31g, Sodium: 1447mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients
*Nutrition & allergen information may vary by protein. Please review protein and meal labels for details.

Prep & Cook Time	Cook Within	Difficulty Level	Spice Level
35-45 min.	3 days	Intermediate	Not Spicy

👑 Before you cook

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

- If using fresh produce, thoroughly rinse and pat dry
- Bring 4 cups **water** to a boil in a small pot
- Ingredient(s) used more than once: **parsley**

Customize It Instructions

- If using **chicken breasts**, pat dry and cut into 1" dice. Season with 1/4 tsp. **salt** and a pinch of **pepper**. Follow same instructions as scallops in Step 4, removing mushrooms and stirring occasionally until chicken reaches minimum internal temperature, 5-7 minutes
- If using **shrimp**, pat dry and season with a pinch of salt and pepper. Follow same instructions as scallops in Step 4, cooking undisturbed until seared on one side, 2-3 minutes. Flip, and cook until shrimp reaches minimum internal temperature, 1-2 minutes.

Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



1

Prepare the Ingredients

- Quarter **mushrooms**.
- Mince **parsley** (no need to stem).
- 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 a medium pot over medium-high heat and add 2 tsp. **olive oil**.
- Add **garlic** and **rice** to hot pot. Stir occasionally until rice is toasted and opaque, 1-2 minutes.
- Add 1 cup boiling **water** from small pot and **mirepoix base**. Rice should just be covered by water. Stir often until nearly all water is absorbed.



3

Finish the Risotto

- Add ½ cup boiling **water** 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 and stir in **butter**, **Parmesan**, half the **parsley** (reserve remaining for garnish), and a pinch of **salt** until combined. Cover and set aside.



4

Cook the Mushrooms and Scallops

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**.
- Add **mushrooms** to hot pan and stir occasionally until golden brown, 3-5 minutes.
- Add **scallops** and cook until scallops are lightly browned and 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, placing **scallops** and **mushrooms** on **risotto** and garnishing with remaining **parsley**. Bon appétit!