



In your box

½ oz. Grated Parmesan
½ oz. Capers
2 tsp. Mirepoix Base
2 oz. Sour Cream
2 oz. Baby Spinach
5 oz. Linguine
1 oz. Seasoned Croutons
1 Lemon
8 oz. Scallops



Premium Meal

Scallops with Lemon-Caper Pasta

with baby spinach

NUTRITION per serving—Calories: 537, Carbohydrates: 70g, Fat: 15g, Protein: 30g, Sodium: 1319mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
25-35 min.

Cook Within
3 days

Difficulty Level 
Easy

Spice Level 
Not Spicy

① You will need

Olive Oil, Salt, Pepper

Medium Pot, Colander, 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 8 cups **water** and 2 tsp. **salt** to a boil in a medium pot
- Thoroughly rinse produce and pat dry



1

Prepare the Ingredients

- Halve **lemon** lengthwise. Cut one half into wedges and juice the other half.
- Coarsely crush **croutons**.
- 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

Cook the Pasta

- Once water is boiling, add **pasta** and cook until al dente, 10-12 minutes.
- Reserve ¼ cup **pasta cooking water**. Drain pasta in a colander and set aside.
- Reserve pot; no need to wipe clean.
- While pasta cooks, cook scallops.



3

Cook the Scallops

- Place a medium non-stick pan over medium-high and add 1 tsp. **olive oil**.
- Add **scallops** to hot pan and cook until golden brown and scallops reach a minimum internal temperature of 145 degrees, 1-2 minutes per side.
- Remove scallops to a plate.



4

Finish the Pasta

- Return pot used to cook pasta to medium heat.
- Add **pasta cooking water**, **mirepoix base**, and a pinch of **salt** to hot pot. Stir to combine.
- Add cooked **pasta**, **sour cream**, and **Parmesan** and stir until pasta is fully coated.
- Add **spinach**, **capers**, and 1 Tbsp. **lemon juice**. Stir often until spinach begins to wilt, 2-3 minutes.
- Remove from burner.



5

Finish the Dish

- Plate dish as pictured on front of card, topping **pasta** with **scallops** and garnishing with **crushed croutons**. Squeeze **lemon wedge** over to taste. Bon appétit!