



In your box

- 1 Lemon
- ¼ oz. Parsley
- 5 oz. Roasted Red Peppers
- 1 tsp. Cajun Seasoning
- ¼ tsp. Red Pepper Flakes
- 2 Garlic Cloves
- 4 fl. oz. Light Cream
- 5 oz. Angel Hair Pasta
- 8 oz. Scallops



Premium Meal

Blackened Scallop Pasta

with red pepper cream

NUTRITION per serving—Calories: 570, Carbohydrates: 67g, Fat: 23g, Protein: 24g, Sodium: 1220mg.
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 ● ● ● ● ●
Intermediate

Spice Level ● ● ● ● ●
Medium

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

Cook the Pasta

- Once water is boiling, add **pasta** and cook until al dente, 3-5 minutes.
- *Angel hair will cook quicker than other pasta.*
- Reserve ½ cup **pasta cooking water**. Drain pasta in a colander and set aside.
- Reserve pot; no need to wipe clean.
- While pasta cooks, prepare ingredients.



2

Prepare the Ingredients

- Zest and quarter **lemon**.
- Finely chop **roasted red peppers**.
- Mince **parsley**, leaves and stems.
- Mince **garlic**.
- Pat **scallops** dry, and season with **Cajun seasoning**. *Scallops will vary in amount as they are portioned by weight. Don't worry, the sweet flavor and tender texture will be the same.*



3

Make the Sauce

- Return pot used to cook pasta to medium heat and add 2 tsp. **olive oil**.
- Add **garlic** to hot pot and stir until aromatic, 30-45 seconds.
- Stir in **roasted red peppers**, half the **pasta cooking water**, **cream**, and ¼ tsp. **salt**. Bring to a boil and cook until slightly thickened, 1-2 minutes.
- *If sauce is too thick, add remaining pasta cooking water 1 Tbsp. at a time until desired consistency is reached.*
- Remove from burner.



4

Cook the Scallops

- Place a medium non-stick pan over medium-high heat and add 2 tsp. **olive oil**.
- 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. Remove scallops to a plate.



5

Finish Pasta and Finish Dish

- Return pot with **sauce** to medium heat. Stir **pasta** into sauce and cook until heated through, 1-2 minutes.
- Remove from burner. Stir in **parsley**, 1 tsp. **lemon zest**, **red pepper flakes** (to taste), and a pinch of **pepper**.
- Plate dish as pictured on front of card, topping pasta with **scallops** and squeezing **lemon wedge** over to taste. Bon appétit!