



In your box

¼ oz. Cilantro
1 oz. Crispy Jalapeños
1 Ear of Corn
12 oz. Yukon Potato
4 fl. oz. Light Cream
4 tsp. Mirepoix Base
1 Yellow Onion

Customize It Options

8 oz. Scallops
8 oz. Shrimp

You will need

Olive Oil, Salt
Medium Pot, Medium Non-Stick Pan



Premium Meal

Scallop and Corn Chowder

with crispy jalapeños

NUTRITION per serving—Calories: 559, Carbohydrates: 60g, Fat: 28g, Protein: 20g, Sodium: 1288mg.
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

30-40 min.

Cook Within

3 days

Difficulty Level

Intermediate

Spice Level

Mild

👑 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

Customize It Instructions

- If using **shrimp**, pat dry and season both sides with a pinch of salt and pepper. Follow same instructions as scallops in Step 4, cooking until shrimp reaches minimum internal temperature, 2-3 minutes per side.

Minimum Internal Temperature

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



1

Prepare the Ingredients

- Cut **potato** into ½" dice.
- Halve and peel **onion**. Cut halves into ¼" dice.
- Stem and mince **cilantro**.
- Peel husk off **corn** and carefully remove kernels from cob.
- Pat **scallops** dry and halve. *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 Chowder

- Place a medium pot over medium-high heat and add 2 tsp. **olive oil**.
- Add **onion** to hot pot and stir often until slightly softened but not browned, 3-4 minutes.
- Add **potato**, 1¾ cups **water**, **mirepoix base**, and ¼ tsp. **salt**. Bring to a boil. Once boiling, cook until potatoes are tender, 8-10 minutes.



3

Finish the Chowder

- Add **cream** and **corn** to pot. Return to a boil. Once boiling, stir occasionally until slightly thickened, 6-8 minutes.
- Taste, and season with ¼ tsp. **salt** if desired.
- While chowder cooks, cook scallops.



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 are 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, topping **chowder** with **scallops** and garnishing with **cilantro** and **crispy jalapeños** (to taste). Bon appétit!