



In your box

1/2 cup Arborio Rice
2 oz. Grated Parmesan
8 oz. Scallops
.6 oz. Butter
2 Green Onions
2 Garlic Cloves
12 oz. Asparagus
1 Lemon
2 tsp. Mirepoix Base



Premium Meal

Scallops and Parmesan-Garlic Risotto with asparagus

NUTRITION per serving—Calories: 597, Carbohydrates: 56g, Fat: 28g, Protein: 32g, Sodium: 1605mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
45-55 min.

Cook Within
3 days

Difficulty Level ● ● ● ● ●
Intermediate

Spice Level ● ● ● ● ●
Not Spicy

① You will need

Olive Oil, Salt, Pepper

Large Non-Stick Pan, 2 Medium Pots

👑 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** to a boil in a medium pot
- Thoroughly rinse produce and pat dry
- Ingredient(s) used more than once: **Parmesan, green onions**



1

Prepare the Ingredients

- Quarter **lemon**.
- Trim woody ends off **asparagus** and cut into 1" lengths.
- Trim and thinly slice **green onions**, keeping white and green portions separate.
- 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 another medium pot over medium-high heat and add 2 tsp. **olive oil**.
- Add **rice** and **white portions of green onions** to hot pot and cook, 1 minute.
- Add **garlic** and stir occasionally until garlic is fragrant and rice is toasted and opaque, 1-2 minutes.



3

Finish the Risotto

- Add 1 cup **hot water** and **mirepoix base** to pot with rice. *Rice should just be covered by broth.* Stir often until nearly all broth is absorbed.
- Add 1/2 cup hot water and stir often again until nearly all broth 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 broth left.*
- Remove from burner and stir in **butter, Parmesan** (reserve a pinch for garnish), 1/4 tsp. **salt**, and a pinch of **pepper**. Cover and set aside.



4

Cook the Asparagus

- Place a large non-stick pan over medium heat and add 2 tsp. **olive oil**. Add **asparagus** and a pinch of **salt** and **pepper** to hot pan and stir occasionally until lightly charred and tender, 8-10 minutes.
- Remove from burner.
- Remove asparagus to a plate. Reserve pan; no need to wipe clean.



5

Cook Scallops and Finish Dish

- Return pan used to cook asparagus to 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.
- Plate dish as pictured on front of card, topping **risotto** with scallops and **asparagus** and garnishing with reserved **Parmesan** and **green portions of green onions**. Squeeze **lemon wedges** over to taste. Bon appétit!