



**In your box**

- 16 oz. Scallops
- 16 oz. Jumbo Shrimp
- 16 oz. Shrimp

\*Contains: shellfish (scallops, shrimp)



## Seafood Sampler 1

includes 16 oz. scallops, 16 oz. shrimp, and 16 oz. jumbo shrimp

NUTRITION per serving—Calories: 115, Carbohydrates: 3g, Fat: 1g, Protein: 25g, Sodium: 800mg.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

\*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

10-20 min.

Cook Within

5 days

Difficulty Level

Easy

Spice Level

Not Spicy



### Scallop Instructions

- Pat **scallops** dry. We recommend seasoning both sides with  $\frac{1}{4}$  tsp. salt and a pinch of pepper.
- Place a large non-stick pan over medium-high heat and add 2 tsp. olive oil. Add scallops to hot pan and cook to a minimum internal temperature of 145 degrees, 1-2 minutes per side.



### Shrimp Instructions

- Pat **shrimp** dry. We recommend seasoning both sides with a pinch of salt and pepper.
- Place a large non-stick pan over medium-high heat and add 2 tsp. olive oil. Add shrimp to hot pan and cook undisturbed until seared on one side, 2-3 minutes.
- Flip, and cook until shrimp reaches a minimum internal temperature of 145 degrees, 1-2 minutes.



### Jumbo Shrimp Instructions

- Pat **shrimp** dry. We recommend seasoning both sides with a pinch of salt and pepper.
- Heat 2 tsp. **olive oil** in a medium non-stick pan over medium-high heat. Add **shrimp** to hot pan and cook undisturbed until opaque and shrimp reaches a minimum internal temperature of 145 degrees, 2-3 minutes per side.