



#### In your box

- ¾ cup Arborio Rice
- 1 Green Bell Pepper
- 4 oz. Grape Tomatoes
- .3 oz. Butter
- 2 Green Onions
- 2 oz. Shredded Cheddar Cheese
- 1 oz. Tuscan Herb Butter
- 2 Garlic Cloves
- 1 tsp. Cajun Seasoning

#### Customize It Options

- 8 oz. Scallops
- 8 oz. Shrimp
- 12 oz. Diced Boneless Skinless Chicken Breasts
- 16 oz. Scallops—Double Portion
- No protein

\*Contains: milk

#### You will need

- Olive Oil, Salt, Pepper
- 2 Medium Pots, Large Non-Stick Pan



Culinary Collection

## Cajun Scallop Risotto

with green peppers and cheddar cheese

NUTRITION per serving—Calories: 710, Carbohydrates: 74g, Fat: 35g, Protein: 28g, Sodium: 1648mg.

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

35-45 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
- Bring 4 cups **water** to a boil in a medium pot
- Ingredient(s) used more than once: **green onions**

## Customize It Instructions

- If using **16 oz. scallops**, follow same instructions, cooking in batches if necessary, until scallops reach a minimum internal temperature of 145 degrees.
- If using **shrimp**, follow same instructions as scallops in Steps 1 and 4, cooking undisturbed until seared on one side, 2-3 minutes. Flip, and cook until shrimp reaches minimum internal temperature, 1-2 minutes.
- If using **diced chicken breast**, pat dry and season all over with a pinch of **salt** and **pepper**. Follow same instructions as scallops in Step 1, stirring occasionally until chicken reaches minimum internal temperature, 5-7 minutes.
- If **cooking without a protein**, omit Step 4 and adding the scallops in Step 5.

Minimum Internal Temperature

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



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## Prepare the Ingredients

- Halve **tomatoes**.
- Trim and thinly slice **green onions**, keeping white and green portions separate.
- Stem, seed, remove ribs, and cut **green bell pepper** into ½" dice.
- Mince **garlic**.
- Pat **scallops** dry, and season all over 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.*



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## Start the Risotto

- Place another medium pot over medium-high heat and add 2 tsp. **olive oil**.
- Add **rice** and **garlic** to hot pot. Stir occasionally until rice is toasted and opaque, 1-2 minutes.
- Add 1 cup **boiling water** from other pot to pot with rice. *Rice should just be covered by water.* Stir often until nearly all water is absorbed.



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## Finish the Risotto

- Add ½ cup **boiling water** from other pot and stir often again until nearly all water 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 water left.*
- Remove from burner. Stir in **Tuscan herb butter**, **cheese**, **green portions of green onions**, ¼ tsp. **salt**, and a pinch of **pepper**. Cover and set aside.



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## Cook the Scallops

- Place a large 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 scallops to a plate. Keep pan over medium-high heat.



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## Cook Vegetables and Finish Dish

- Add 1 tsp. **olive oil**, **green bell pepper**, **seasoning blend**, **tomatoes**, **white portions of green onions**, ¼ tsp. **salt**, and a pinch of **pepper** to hot pan.
- Stir occasionally, breaking up tomatoes, until vegetables begin to soften, 3-5 minutes.
- Add ¼ cup **water** and bring to a simmer. Once simmering, cook until slightly thickened, 1-2 minutes.
- Remove from burner. Stir in **scallops** and **plain butter**.
- Plate dish as pictured on front of card, placing scallops and vegetables on **risotto**. Bon appétit!