



In your box

- 4 oz. Grape Tomatoes
- ½ fl. oz. Red Wine Vinegar
- 1 oz. Tuscan Herb Butter
- 2 Garlic Cloves
- 2 tsp. Mirepoix Base
- 1 French Roll
- 10 oz. Farro with Tomato and Herb

Customize It Options

- 8 oz. Scallops
- 16 oz. Scallops—Double Portion
- 12 oz. Diced Boneless Skinless Chicken Breasts
- 8 oz. Shrimp

*Contains: milk, wheat

You will need

- Olive Oil, Salt, Pepper, Cooking Spray
- Medium Pot, Baking Sheet, Mixing Bowl, Medium Non-Stick Pan



Culinary Collection

Scallops and Creamy Tuscan Farrotto

with blistered tomatoes and garlic bread

NUTRITION per serving—Calories: 682, Carbohydrates: 88g, Fat: 27g, Protein: 29g, Sodium: 1668mg.

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

25-35 min.

Cook Within

3 days

Difficulty Level

Expert

Spice Level

Not Spicy

👑 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
- Preheat oven to **425 degrees**
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **garlic**

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**, follow same instructions as scallops in Steps 1 and 4, stirring occasionally until chicken reaches minimum internal temperature, 5-7 minutes.

Minimum Internal Temperature

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



1

Prepare the Ingredients

- Halve **tomatoes**.
- Halve **French roll**.
- Thinly slice half the **garlic**. Mince other half. Keep sliced and minced garlic separate.
- Pat **scallops** dry, and season all over with a pinch of **salt and pepper**.



2

Bake the Garlic Bread

- In a mixing bowl, combine **minced garlic** and 1 Tbsp. **olive oil**.
- Place **French roll** halves on prepared baking sheet, cut sides up. Spread garlic oil on cut sides.
- Bake in hot oven until golden brown, 8-10 minutes.
- While garlic bread bakes, cook farrotto.



3

Cook the Farrotto

- Bring a medium pot with **farro**, ¼ cup **water**, **mirepoix base**, ¼ tsp. **salt**, and a pinch of **pepper** to a simmer. Once simmering, stir occasionally until heated through, 2-3 minutes.
- Remove from burner. Stir in **butter** until creamy. Cover and set aside.



4

Cook the Scallops

- Place a medium non-stick pan over medium-high heat and add 1 tsp. **olive oil**.
- Add **scallops** and cook until scallops reach a minimum internal temperature of 145 degrees, 1-2 minutes per side.
- Remove scallops to a plate. Tent with foil. Keep pan over medium-high heat.



5

Make Sauce and Finish Dish

- Add 2 tsp. **olive oil** and **sliced garlic** to hot pan. Stir often until lightly golden brown, 1-2 minutes.
- Add **tomatoes** and ¼ tsp. **salt** and stir often until softened, 1-2 minutes.
- Smash tomatoes until broken and add half the **red wine vinegar** (remaining is yours do with as you wish). Stir until combined, 1-2 minutes.
- Remove from burner.
- Plate dish as pictured on front of card, topping **farrotto** with sauce and **scallops**. Bon appétit!