



In your box

1 Russet Potato
2 oz. Light Cream Cheese
1 oz. Black Truffle Butter
2 Green Onions
1 oz. Grated Parmesan
½ tsp. Garlic Salt
8 oz. Cauliflower Florets
3 oz. Brussels Sprouts

Customize It Options

8 oz. Scallops
8 oz. Shrimp
8 oz. Jumbo Shrimp
16 oz. Scallops—Double Portion

*Contains: milk, shellfish (scallops, shrimp)

You will need

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



Culinary Collection

Scallops and Black Truffle Cream

with Parmesan cauliflower and Brussels sprouts

NUTRITION per serving—Calories: 503, Carbohydrates: 32g, Fat: 32g, Protein: 27g, Sodium: 1656mg.

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

30-40 min.

Cook Within

3 days

Difficulty Level

Intermediate

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 **400 degrees**
- ☐ Prepare a baking sheet with foil and cooking spray
- ☐ Ingredient(s) used more than once: **green onions**
- ☐ Upon delivery, remove **potato** from meal bag and store at room temperature

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, 1-2 minutes per side.
- If using **shrimp** or **jumbo shrimp**, follow same instructions as scallops in Steps 1 and 3, cooking undisturbed until opaque and shrimp reaches a minimum internal temperature of 145 degrees, 2-3 minutes per side.

Minimum Internal Temperature

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



1

Prepare the Ingredients

- Cut **cauliflower florets** into bite-sized pieces.
- Slice **potato** into ¼" rounds.
- Trim and thinly slice **green onions**, keeping white and green portions separate.
- Trim stems off **Brussels sprouts** and quarter.
- Pat **scallops** dry. *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

Roast the Vegetables

- Place **Brussels sprouts**, **potato rounds**, **cauliflower**, and **white portions of green onions** on prepared baking sheet and toss with 1 Tbsp. **olive oil**, **Parmesan**, **garlic salt**, and a pinch of **salt** and **pepper**. Massage oil and seasonings into vegetables.
- Spread into a single layer (some overlap is ok). Roast in hot oven until tender and starting to brown, 25-27 minutes.



3

Cook the Scallops

- After vegetables have roasted 10 minutes, 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 reach a minimum internal temperature of 145 degrees, 1-2 minutes per side.
- Remove scallops to a plate and tent with foil.
- Lower heat to medium and keep pan on burner.



4

Make the Sauce

- Add ¼ cup **water** and **cream cheese** to hot pan. Bring to a boil while whisking or stirring vigorously.
- Once boiling, remove from burner and add a pinch of **salt** and **black truffle butter**. Whisk or stir vigorously until completely combined.



5

Finish the Dish

- Plate dish as pictured on front of card, placing **scallops** on **vegetables** and topping with **sauce**. Garnish with **green portions of green onions**. Bon appétit!