



In your box

1 oz. Sour Cream
.24 oz. Parmesan Cheese Crisps
1 Tbsp. Meatloaf Seasoning
2 tsp. Mirepoix Base
6 oz. Broccoli Florets
¾ cup Arborio Rice
1 oz. Grated Parmesan
1 Lemon
.6 oz. Butter

Customize It Options

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

*Contains: milk, shellfish (scallops, shrimp)

You will need

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



Culinary Collection

Scallops and Lemon Parmesan Risotto

with roasted broccoli

NUTRITION per serving—Calories: 602, Carbohydrates: 71g, Fat: 22g, Protein: 30g, Sodium: 1720mg.

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

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**
- ❑ Bring 4 cups **water** to a boil in a medium pot
- ❑ Prepare a baking sheet with foil and cooking spray

Customize It Instructions

- If using **16 oz. scallops**, pat dry and season all over with ¼ tsp. **salt** and a pinch of **pepper**. Follow same instructions as scallops in Step 4.
- 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.

Minimum Internal Temperature

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



1

Prepare Ingredients and Roast Broccoli

- Halve **lemon**. Cut one half into wedges and juice the other half.
- Coarsely crush **cheese crisps**.
- Pat **scallops** dry, and season both sides with a pinch of **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.*
- Cut **broccoli** into bite-sized pieces. Place broccoli on prepared baking sheet and toss with 1 tsp. **olive oil** and a pinch of **salt** and **pepper**. Massage oil into broccoli.
- Spread into a single layer and roast in hot oven until browned and fork-tender, 14-16 minutes.
- While broccoli roasts, start risotto.



2

Start the Risotto

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



3

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. Add 2 tsp. **lemon juice**, **Parmesan**, **butter**, **sour cream**, and ¼ tsp. **salt**. Stir until butter is melted and risotto is 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**.
- Working in batches if necessary, add **scallops** to hot pan and cook until scallops reach a minimum internal temperature of 145 degrees, 1-2 minutes per side.
- Remove from burner.



5

Finish the Dish

- Plate dish as pictured on front of card, topping **risotto** with **scallops** and **broccoli**. Garnish with **cheese crisps** and squeeze **lemon wedges** over to taste. Bon appétit!