



In your box

- 1 Lemon
- ½ fl. oz. Garlic Oil
- ¾ oz. Roasted Pistachios
- ¼ oz. Parsley
- 3 oz. Sour Cream
- 1 tsp. Seasoned Salt Blend
- 12 oz. Yukon Potatoes
- 8 oz. Brussels Sprouts
- ½ oz. Grated Parmesan

Customize It Options

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

*Contains: milk, tree nuts (pistachios)

You will need

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



Culinary Collection

Scallops and Pistachio Pesto

with roasted potatoes and Brussels sprouts

NUTRITION per serving—Calories: 606, Carbohydrates: 47g, Fat: 35g, Protein: 27g, Sodium: 1746mg.

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 **425 degrees**
- Prepare a baking sheet with foil and cooking spray

Customize It Instructions

- If using **16 oz. scallops**, follow same instructions as 8 oz. scallops, 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

- Trim stems off **Brussels sprouts** and halve vertically (quarter if larger than a ping-pong ball).
- Cut **potatoes** into ½" dice.
- Zest **lemon**, halve, and juice.
- Mince **parsley**, leaves and stems.
- Coarsely chop **pistachios**.
- Pat **scallops** dry, and season both sides 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.*



2

Roast the Potatoes and Brussels Sprouts

- Place **potatoes** and **Brussels sprouts** on prepared baking sheet and toss with 2 tsp. **olive oil**, **seasoned salt**, and a pinch of **pepper**. Massage oil and seasoning into potatoes.
- Spread into a single layer. Roast in hot oven until lightly browned, 15-18 minutes.
- While vegetables roast, prepare pesto and crema.



3

Make the Pesto and Crema

- In a mixing bowl, combine **pistachios**, **parsley**, **Parmesan**, **garlic oil**, 1 tsp. **olive oil**, and a pinch of **salt** and **pepper**. Set aside.
- In another mixing bowl, combine **sour cream**, ¼ tsp. **lemon zest**, 1 tsp. **lemon juice**, 1 tsp. olive oil, and a pinch of salt and pepper. Set aside.



4

Cook the Scallops

- 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 from burner. *If vegetables are still roasting, tent with foil.*



5

Finish the Dish

- Plate dish as pictured on front of card, topping **vegetables** with **crema** and **scallops**. Garnish scallops with **pesto**. Bon appétit!