



In your box

- 2 oz. Grated Parmesan
- 1 Lemon
- 2 oz. Baby Spinach
- 1 oz. Butter
- 2 tsp. Mirepoix Base
- 1 oz. Light Cream Cheese
- ½ cup Arborio Rice
- 4 Garlic Cloves
- 1 oz. Crispy Fried Onions

Customize It Options

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

*Contains: milk, wheat

You will need

- Olive Oil, Salt, Pepper
- Large Non-Stick Pan, Medium Pot



Culinary Collection

Scallop Rockefeller Risotto

with spinach and crispy fried onions

NUTRITION per serving—Calories: 665, Carbohydrates: 59g, Fat: 34g, Protein: 32g, Sodium: 1662mg.

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
- Ingredient(s) used more than once: **Parmesan**

Customize It Instructions

- If using 16 oz. **scallops**, follow same instructions, working 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 shrimp reaches minimum internal temperature, 2-3 minutes per side.
- If cooking **without a protein**, omit end of Step 1 and entire Step 4.

Minimum Internal Temperature

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



1

Prepare the Ingredients

- Halve **lemon**. Cut one half into wedges and juice the other half.
- Coarsely crush **crispy onions**.
- Mince **garlic**.
- 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

Start the Risotto

- Place a medium pot over medium heat and add 1 tsp. **olive oil**. Add **garlic** to hot pot and stir constantly until aromatic, 30-60 seconds.
- Add **rice** and stir occasionally until toasted and opaque, 1-2 minutes.
- Stir in 1 cup **water**, **mirepoix base**, and a pinch of **salt**. Bring to a simmer. Once simmering, cook undisturbed, 4 minutes.
- Stir in 1 cup water. Return to a simmer. Once simmering, cook until liquid is almost all absorbed, 13-15 minutes.
- Remove from burner.



3

Finish the Risotto

- Add **spinach**, **Parmesan** (reserve 1 Tbsp. for garnish), **butter**, **cream cheese**, 2 tsp. **lemon juice**, ¼ tsp. **salt**, and a pinch of **pepper** to pot.
- Stir until spinach is wilted, 30-60 seconds.
- Cover and set aside.



4

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 from burner.



5

Finish the Dish

- Plate dish as pictured on front of card, topping **risotto** with **scallops** and garnishing with **crispy onions** and remaining **Parmesan**. Squeeze **lemon wedges** over to taste. Bon appétit!