



Garlicky Jumbo Scallops

with Italian-Style Cannellini Beans

Special Plus

35 Minutes

Customized Protein + Add ↻ Swap or ×2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Jumbo Scallops
227 g | 454 g



Cannellini Beans
1 | 2



Ciabatta Roll
1 | 2



Baby Tomatoes
113 g | 227 g



Baby Spinach
56 g | 113 g



Lemon
1 | 2



Shallot
1 | 2



Basil
7 g | 14 g



Roasted Pepper Pesto
1/4 cup | 1/2 cup



Garlic Spread
2 tbsp | 4 tbsp



Vegetable Broth Concentrate
1 | 2

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

1



Prep

- Before starting, preheat the oven to 450 °F.
- Wash and dry all produce.

- Cut **ciabatta** into ½-inch thick slices.
- Prick **tomatoes** with a fork.
- Peel, then finely chop **shallot**.
- Rough chop **spinach**. Zest, then juice **lemon**.

2



Cook veggies

- Heat a large non-stick pan over medium heat.
- Meanwhile, pick **basil leaves** from stems, then roughly tear **basil leaves**.
- When the pan is hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **shallots, tomatoes** and 2 **tbsp** (4 **tbsp**) **water**. Cook, stirring occasionally, until **shallots** soften, **tomatoes** burst and water evaporates, 3-4 min. Season with **salt** and **pepper**.

3



Make bean mixture

- Add **stock concentrate, beans and their liquid, pesto** and ¾ **cup** (1 ½ **cup**) **water** to the same pan, then increase the heat to medium-high. Bring mixture up to a simmer.
- Once simmering, stir occasionally, until mixture thickens slightly, 5-6 min.
- Remove from heat, then stir in **spinach** and **half the basil, ½ tsp** (1 **tsp**) **lemon zest** and 1 **tbsp** (2 **tbsp**) **lemon juice**. Stir occasionally, until wilted, 30 sec. Season with **salt** and **pepper**.

4



Make crostini

- Meanwhile, melt **half the garlic spread** in a medium microwaveable bowl or a small pot over low heat.
- Add **ciabatta** to the bowl, then toss to combine.
- Arrange **ciabatta** in a single layer on a parchment-lined baking sheet.
- Toast in the **top** of the oven until golden-brown, 3-5 min. (**NOTE:** Keep your eye on crostini so they don't burn!).

5



Cook scallops

- Using a strainer, drain and rinse **scallops**. Pat very dry with paper towels. Season with **salt** and **pepper**.
- Heat a medium non-stick pan over medium-high heat.
- When hot, add **remaining garlic spread**, then **scallops**. Pan-fry until golden-brown and cooked through, 2-3 min per side. **

6



Finish and serve

- Divide **bean mixture** between bowls. Top with **scallops**.
- Sprinkle with **remaining basil leaves** and **any remaining lemon zest**.
- Serve **garlic crostini** alongside.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.