



Lemon Caper Scallops

with Chive Orzo

Special Plus

Valentine's Day

35 Minutes



Sea Scallops



Lemon



Orzo



Baby Tomatoes



Green Beans



Chives



Parmesan Cheese,
shredded



Capers



Vegetable Broth
Concentrate



Garlic Puree

HELLO ORZO

It looks like rice but it's actually pasta!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust out

Baking sheet, colander, measuring spoons, zester, medium pot, parchment paper, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Sea Scallops	227 g	454 g
Lemon	1	2
Orzo	170 g	340 g
Baby Tomatoes	113 g	227 g
Green Beans	170 g	340 g
Chives	7 g	14 g
Parmesan Cheese, shredded	¼ cup	½ cup
Capers	30 g	60 g
Vegetable Broth Concentrate	1 tbsp	2 tbsp
Garlic Puree	1 tbsp	2 tbsp
Unsalted Butter*	4 tbsp	8 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

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

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.

Contact

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1



Prep

- Add **6 cups water** and **1 tsp salt** to a medium pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Meanwhile, trim, **green beans**.
- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Thinly slice **chives**.
- Rinse **capers**, then pat dry with paper towels.
- Pat **scallops** dry with paper towels, pressing well to absorb as much moisture as possible.
- Season with **salt and pepper**.

4



Sear scallops

- When **orzo** is almost done, heat a large non-stick pan over high heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **scallops**. Pan-fry until golden-brown, 2 min per side.
- Transfer **scallops** to a plate. (**NOTE:** Scallops will finish cooking in step 5.)

2



Cook orzo

- Add **orzo** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve **2 tbsp pasta water** (dbl for 4 ppl), then drain and return **orzo** to the same pot, off heat.

5



Baste scallops

- Reduce heat of the same pan to medium.
- Add **3 tbsp butter**, **1 tbsp lemon juice**, **1 tbsp water**, **1 tsp lemon zest** (dbl all for 4ppl), **capers** and **remaining garlic puree**. Stir until fragrant, 1 min.
- Add **scallops** back into the pan. Using a spoon, baste **scallops** with **lemon butter**, flipping **scallops** occasionally, until cooked through, 2-3 min.**

3



Roast veggies

- Meanwhile, add **green beans**, **tomatoes**, **1 tbsp oil** (dbl for 4 ppl) and **half the garlic puree** to a parchment-lined baking sheet. Season with **salt and pepper**, then toss to combine.
- Roast in the **middle** of the oven until **veggies** are tender-crisp, 10-12 min.

6



Finish orzo and serve

- Add **reserved pasta water**, **broth concentrate**, **Parmesan**, **half the chives** and **1 tbsp butter** (dbl for 4 ppl) to **orzo**. Season with **pepper**, then stir to combine.
- Divide **orzo**, **roasted veggies** and **scallops** between plates.
- Spoon **lemon-caper butter sauce** from the pan over **scallops**, then sprinkle with **remaining chives**.

Dinner Solved!