

Lemon Caper Scallops

with Chive Orzo

Special Plus

Valentine's Day

35 Minutes





Sea Scallops











Baby Tomatoes





Chives

Green Beans



Parmesan Cheese,



Vegetable Broth Concentrate



Garlic Puree

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

Inaredients

| | 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 | ⅓ 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.



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.



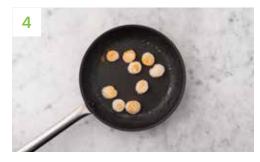
Cook orzo

- 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.



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.



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.)



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.**



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.

Contact

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Dinner Solved!