

HELLO Lemon Caper Scallops with Chive Orzo

Special Plus

35 Minutes





Sea Scallops



227 g | 454 g







170 g | 340 g





Sugar Snap Peas



113 g | 227 g









¼ cup | ½ cup

Capers 30 g | 60 g



Vegetable Broth Concentrate 1 tbsp | 2 tbsp



Garlic Puree 1 tbsp | 2 tbsp

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

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.
- 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, snap peas.
- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Thinly slice chives.
- Rinse capers, then pat dry with paper towels.
- Rinse, then pat scallops dry with paper towels, pressing well to absorb as much moisture as possible.
- Season with salt and pepper.



Sear scallops

- When orzo is almost done, heat a large nonstick pan over high heat.
- When hot, add ½ tbsp (1 tbsp) oil, then scallops. Pan-fry until golden-brown, 2 min per side.
- Transfer scallops to a plate. (NOTE: Scallops will finish cooking in step 5.)



Cook orzo

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



Roast veggies

- Meanwhile, add snap peas, tomatoes,
 1 tbsp (2 tbsp) oil 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.



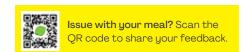
Baste scallops

- Reheat the same pan over medium. Add
 2 tbsp (4 tbsp) butter, 1 tbsp (2 tbsp) lemon juice, 1 tbsp (2 tbsp) water, 1 tsp (2 tsp) lemon zest, capers and remaining garlic puree. Stir until fragrant, 1 min.
- Add scallops back into the pan. Using a spoon, baste scallops with lemon-caper butter sauce, flipping scallops occasionally, until cooked through, 2-3 min.**



Finish orzo and serve

- Add reserved pasta water, broth concentrate, Parmesan, half the chives and ½ tbsp (1 tbsp) butter 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.
- Squeeze a lemon wedge over top, if desired.



Measurements

within steps

1 tbsp

(2 tbsp)

oil