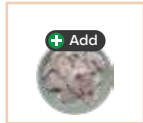




Scallop Risotto

with Sweet Peas and Parmesan

Special Plus 50 Minutes



Shrimp
285g | 570g

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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)



Sea Scallops
227 g | 454 g



Arborio Rice
3/4 cup | 1 1/2 cups



Chives
7 g | 14 g



Parmesan Cheese, shredded
1/4 cup | 1/2 cup



Onion, chopped
56 g | 113 g



Vegetable Broth Concentrate
1 tbsp | 2 tbsp



Green Peas
56 g | 113 g



Baby Spinach
56 g | 113 g



Garlic Puree
2 tbsp | 4 tbsp



Cream
56 ml | 113 ml



White Cooking Wine
4 tbsp | 8 tbsp



Lemon
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.

Pantry items | Unsalted butter*, salt*, pepper*, oil*

Cooking utensils | Medium non-stick pan, measuring spoons, zester, medium pot, measuring cups, large non-stick pan, paper towels

1



Prep

• Before starting, wash and dry all produce.

- Combine **4 ½ cups water** (5 ½ cups for 4 ppl) and **broth concentrate** in a medium pot.
- Cover and bring to a gentle boil over medium heat.
- Meanwhile, zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Thinly slice **chives**.
- Roughly chop **spinach**.

2



Start risotto

- Heat a large non-stick pan over medium heat.
- When hot, add **2 tbsp** (4 tbsp) **butter**, then **onions**. Season with **salt**. Cook, stirring occasionally, until softened, 2-3 min.
- Add **rice** and **garlic puree**. Cook, stirring often, until fragrant, 1-2 min.
- Add **cooking wine**. Cook, stirring often, until evaporated, 1-2 min.

3



Cook risotto

- Add **1 cup broth** from the medium pot to the pan with **rice**. Stir until **broth** has been absorbed by **rice**.
- Continue adding **broth**, **1 cup** at a time, stirring regularly, until **liquid** is absorbed, texture is creamy and **rice** is tender, 28-30 min.

4



Finish risotto

- When the **last cup of broth** has been absorbed and **rice** is tender and creamy, reduce heat to low.
- Add **peas**. Cook, stirring often, until warmed through, 3-4 min.
- Add **spinach**, **cream**, **½ tsp** (1 tsp) **lemon zest**, **1 tsp** (2 tsp) **lemon juice** and **half the Parmesan**. Stir until **spinach** wilts, 1-2 min.
- Season with **salt** and **pepper**, to taste.

5



Cook scallops

+ Add | Shrimp

- When **risotto** is almost finished, pat **scallops** dry with paper towels, pressing well to absorb as much moisture as possible. Season with **salt** and **pepper**.
- Heat a medium non-stick pan over medium heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **scallops**.
- Pan-fry until golden-brown and cooked through, 2-3 min per side.**

6



Finish and serve

+ Add | Shrimp

- Divide **risotto** between bowls, then top with **scallops**.
- Sprinkle with **chives** and **remaining Parmesan**.
- Squeeze a **lemon wedge** over top, if desired.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

5 | Cook shrimp

+ Add | Shrimp

If you've opted to add **shrimp**, using a strainer, drain and rinse, then pat dry with paper towels. Season with **salt** and **pepper**. Cook **shrimp** in the same pan alongside the **scallops****.

6 | Finish and serve

+ Add | Shrimp

Top **risotto** with **scallops** and **shrimp**.

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



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