



# Scallop Risotto

with Sweet Peas and Parmesan

Special Plus

50 Minutes



Sea Scallops



Arborio Rice



Chives



Parmesan Cheese, shredded



Onion, chopped



Vegetable Broth Concentrate



Green Peas



Baby Spinach



Garlic Puree



Cream



White Cooking Wine



Lemon



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## HELLO SCALLOPS

*Sweet, briny and buttery tasting with a perfectly tender texture when pan-fried!*

## Start here

Before starting, wash and dry all produce.

### Bust out

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

### Ingredients

	2 Person	4 Person
Sea Scallops	227 g	454 g
Arborio Rice	¾ cup	1 ½ cups
Chives	7 g	14 g
Parmesan Cheese, shredded	¼ cup	½ 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
Unsalted Butter*	2 tbsp	4 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.*

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### Prep

- 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**.



### 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 lemon zest, 1 tsp lemon juice** (dbl both for 4 ppl) and **half the Parmesan**. Stir until **spinach** wilts, 1-2 min.
- Season with **salt and pepper**, to taste.



### Start risotto

- Heat a large non-stick pan over medium heat.
- When hot, add **2 tbsp butter** (dbl for 4 ppl), 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.



### Cook scallops

- When the **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 oil** (dbl for 4 ppl), then **scallops**. Pan-fry until golden-brown and cooked through, 2-3 min per side.\*\*



### 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.



### Finish and serve

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

## Dinner Solved!