

Seared Scallops and Broccolini

with Thai Red Curry Cream Sauce

Date Night Special

Spicy

30 Minutes





Sea Scallops



227 g | 454 g



2 tbsp | 4 tbsp





1 | 2

56 ml | 113 ml





34 cup | 1 ½ cup 170 g | 340 g







1 | 2

7 g | 14 g



Crispy Shallots



28 g | 56 g

Ginger-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. Cooking utensils | Measuring spoons, strainer, medium pot, measuring cups, large non-stick pan, paper towels



Cook rice

- · Before starting, wash and dry all produce.
- Remove outer layer of lemongrass, then halve lengthwise. Place on a cutting board, cut-side down. Using the back of a spoon or a pot, forcefully hit lemongrass to crush.
- Add 1 cup (2 cups) water and ½ tsp (½ tsp) salt to a medium pot. Cover and bring to a boil over high heat.
- Meanwhile, using a strainer, rinse rice until water runs clear.
- Add rice and half the lemongrass to the boiling water, then reduce heat to mediumlow. Cover and cook until rice is tender and liquid is absorbed, 12-14 min. (NOTE: Reduce heat to low if water is boiling over.) Remove from heat. Set aside, still covered.



Prep

- Trim ends off of **broccolini**, then cut any larger stalks in half lengthwise, leaving thinner stalks whole.
- Peel, then cut shallot into 1/4-inch pieces.
- Finely chop remaining lemongrass.
- Roughly chop cilantro.



Cook broccolini

- Heat a large non-stick pan over medium heat.
- When hot, add broccolini and ¼ cup
 (⅓ cup) water, 1 tbsp (2 tbsp) butter, half
 the ginger-garlic puree and half the shallots.
 Cover and cook, tossing occasionally, until
 broccolini is tender-crisp and water evaporates,
 4-5 min.
- Uncover and cook, stirring often, until shallots soften, 1-2 min.
- Season with salt and pepper.
- Transfer to a plate, then cover to keep warm.



Sear scallops

- Meanwhile, pat scallops dry with paper towels.
 Season with salt and pepper.
- Reheat the same pan over medium-high.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then swirl the pan until melted.
- Add scallops. Sear, flipping halfway through, until golden-brown, 1-2 min per side.**
- Transfer to the same plate as **broccolini**, then cover to keep warm.



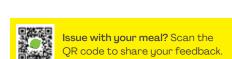
Make sauce

- Reheat the same pan over medium.
- When hot, add 1 tbsp (2 tbsp) oil, then remaining shallots and lemongrass. Cook, stirring often, until shallots soften, 1-2 min.
- Add curry paste, remaining ginger-garlic puree and 2 tbsp (4 tbsp) water. Cook, stirring often, until fragrant, 2-3 min.
- Season with salt and pepper.
- Add cream, then stir to combine.
- Remove the pan from heat.



Finish and serve

- Remove lemongrass from rice, then fluff with a fork.
- Stir half the cilantro into rice.
- Divide rice between plates.
- Top rice with scallops and broccolini.
- Spoon sauce over scallops.
- Sprinkle crispy shallots and remaining cilantro over plate.



Measurements

within steps

(2 tbsp)

1 tbsp

oil