



Seared Scallops and Broccolini

with Thai Red Curry Cream Sauce

Date Night Special

Spicy

30 Minutes



Sea Scallops
227 g | 454 g



Red Curry Paste
2 tbsp | 4 tbsp



Cream
56 ml | 113 ml



Lemongrass
1 | 2



Jasmine Rice
¾ cup | 1 ½ cup



Broccolini
170 g | 340 g



Cilantro
7 g | 14 g



Shallot
1 | 2



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.

1



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** (¼ 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 medium-low. 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.

2



Prep

- Trim ends off of **broccolini**, then cut any larger stalks in half lengthwise, leaving thinner stalks whole.
- Peel, then cut **shallot** into ¼-inch pieces.
- Finely chop **remaining lemongrass**.
- Roughly chop **cilantro**.

3



Cook broccolini

- Heat a large non-stick pan over medium heat.
- When hot, add **broccolini** and **¼ cup** (½ 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.

4



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.

5



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.

6



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.

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



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