Seared Scallops & Pistachio-Butter Pan Sauce

with Rosemary-Roasted Cauliflower & Red Rice Salad

INGREDIENT IN FOCUS

These delicate, tender sea scallops develop a crisp, golden brown exterior when seared in the pan—just be sure to thoroughly pat them dry, as excess moisture will prevent that delicious browning.

TECHNIQUE TO HIGHLIGHT

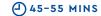
Roasting vegetables with whole rosemary sprigs is a great way to infuse them with the herb's fragrant, aromatic flavor, without having to prep it.





PREMIUM

4 SERVINGS





Serve a bottle of Blue Apron wine with this symbol: Crisp & Minerally.

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Ingredients



20 oz Sea Scallops



1 cup Red Rice Blend



1 Apple



5 oz Baby Spinach



1 Watermelon Radish



1 bunch Rosemary



1 head Cauliflower



1 Shallot



1 bunch Chives



4 Tbsps Butter



1/4 cup Sour Cream



1 Tbsp Sherry Vinegar



2 Tbsps Roasted Pistachios



2 oz Balsamic-Marinated Cipolline Onions

1 Cook the rice

- Place an oven rack in the center of the oven; preheat to 450°F.
- Fill a medium pot 3/4 of the way up with salted water; cover and heat to boiling on high.
- Once boiling, add the rice. Cook, uncovered, 30 to 32 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot. Cover to keep warm.



2 Prepare the ingredients

- Meanwhile, cut out and discard the core of the cauliflower; cut into small florets.
- Peel and thinly slice the shallot.
- Core and small dice the apple.
- Roughly chop the onions.
- · Roughly chop the pistachios.
- Cut the outer sides off the **radish** to create a flat surface on all sides (the radish will be a square shape). Thinly slice lengthwise. Stack the slices, then cut into ½-inch-thick matchsticks.
- In a bowl, combine the radish sticks, vinegar, and a drizzle of olive oil; season with salt and pepper. Set aside to marinate, stirring occasionally, at least 10 minutes
- Thinly slice the chives.

3 Roast the cauliflower

- Place the cauliflower florets and whole rosemary sprigs on a sheet pan.
- Drizzle with olive oil and season with salt and pepper; toss to coat. Arrange in an even layer.
- Roast 22 to 24 minutes, or until tender when pierced with a fork.
- Remove from the oven. Carefully discard the rosemary sprigs.



4 Cook the spinach & finish the rice

- Meanwhile, in a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot.
- Add the **sliced shallot** and **diced apple**. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.



- Add the spinach; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until wilted.
- Transfer to the pot of **cooked rice**; stir in the **sour cream** and **chopped onions**. Taste, then season with salt and pepper if desired. Cover to keep warm.
- Rinse and wipe out the pan.

5 Prepare & cook the scallops

- Pat the scallops dry with paper towels. Using your hands, remove and discard the tough side muscle from each scallop. Season with salt and pepper on both sides.
- In the same pan, heat
 1 tablespoon of olive oil on medium-high until hot.



- Add the seasoned scallops. Cook 4 to 5 minutes, or until lightly browned.
 Flip and cook 1 to 2 minutes, or until lightly browned and cooked through.
- Leaving any browned bits (or fond) in the pan, transfer to a plate.

6 Make the pan sauce & serve your dish

- In the same pan, heat the **butter** on medium-high until melted.
- Once melted, add the chopped pistachios. Cook, stirring constantly, 1 to 2 minutes, or until the foam subsides and the butter is fragrant (it should smell nutty and toasted).



- Add ¼ cup of water (carefully, as the liquid may splatter). Cook, stirring frequently and scraping up any fond, 30 seconds to 1 minute, or until combined and the liquid is slightly thickened. Turn off the heat.
- Serve the finished rice topped with the roasted cauliflower and cooked scallops. Top the scallops with the pan sauce. Garnish with the marinated radish (discarding any liquid) and sliced chives. Enjoy!

NUTRITION PER SERVING (AS PREPARED)**

Calories: 610, Total Carbohydrates: 67g, Dietary Fiber: 7g, Added Sugars: 1g, Total Fat: 27g, Saturated Fat: 11g, Protein: 27g, Sodium: 1570mg.

**See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com. CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).



