

# 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

🕒 45-55 MINS





Serve a bottle of Blue Apron wine with this symbol: Crisp & Minerally.  
[blueapron.com/wine](https://blueapron.com/wine)

## 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
-  ¼ 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  $\frac{3}{4}$  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  $\frac{1}{4}$ -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  $\frac{1}{4}$  **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).



Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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