

Pan-Seared Scallops & Caper Butter

with Red Rice & Fresh Orange Salsa

TECHNIQUE TO HIGHLIGHT

You'll combine butter and capers to spoon over (or baste) the scallops as they sear—an easy way to imbue them with rich, briny flavor.

INGREDIENT IN FOCUS

Although they resemble regular oranges on the outside, Cara Cara oranges are a special variety prized for their gorgeous reddish-pink flesh and incredibly sweet flavor.



PREMIUM




2 SERVINGS







⌚ 35-45 MINS






Serve a bottle of Blue Apron wine with this symbol: Zesty & Tropical.
blueapron.com/wine

Ingredients

-  10 oz Sea Scallops
-  ½ cup Red Rice Blend
-  1 Fennel Bulb
-  1 Cara Cara Orange
-  1 Red, Yellow, or Orange Bell Pepper
-  1 oz Pickled Goathorn Peppers

-  1 bunch Parsley
-  1 bunch Mint
-  4 Tbsps Butter
-  2 Tbsps Fromage Blanc
-  1 Tbsp Verjus Blanc
-  1 oz Castelvetro Olives

-  1 Tbsp Capers
-  ⅓ cup Salsa Verde
-  2 Tbsps Roasted Pistachios

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.



2 Prepare & roast the vegetables

- Meanwhile, wash and dry the fresh produce.
- Line a sheet pan with foil.
- Cut off and discard any stems from the **fennel**, then halve, core, and medium dice the bulb.
- Cut off and discard the stem of the **bell pepper**; quarter lengthwise, then remove the ribs and seeds.
- Transfer the **diced fennel** and **quartered bell pepper** to the sheet pan. Drizzle with **olive oil** and season with salt and pepper. Toss to coat and arrange in an even layer.
- Roast 12 to 14 minutes, or until lightly browned and tender when pierced with a fork. Remove from the oven.



3 Prepare the remaining ingredients & make the orange salsa

- Meanwhile, peel and medium dice the **orange**.
- Roughly chop the **parsley** leaves and stems.
- Pit and roughly chop the **olives**.
- Roughly chop the **pickled peppers**.
- In a bowl, combine the **diced orange**, **chopped parsley**, **chopped olives**, **chopped pickled peppers**, **verjus**, and a drizzle of **olive oil**. Season with salt and pepper.
- Roughly chop the **pistachios**.
- Pick the **mint** leaves off the stems.



4 Cook & baste 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 a medium pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **seasoned scallops** in an even layer. Cook 4 to 5 minutes, or until lightly browned.
- Flip the scallops; add the **butter** and **capers**. Cook, constantly spooning the mixture over the scallops, 1 to 2 minutes, or until lightly browned and cooked through.
- Turn off the heat.



5 Finish the rice & serve your dish

- To the pot of **cooked rice**, add the **roasted vegetables**, **fromage blanc**, and **salsa verde**; stir to combine.
- Taste, then season with salt and pepper if desired.
- Serve the **finished rice** topped with the **cooked scallops** (including any caper butter from the pan) and **orange salsa** (including the liquid). Garnish with the **chopped pistachios** and **mint leaves** (tearing just before adding). Enjoy!



To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the Blue Apron app, then click on VIEW FULL NUTRITION. Food safety handling information: blog.blueapron.com/foodsafety

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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