

# Miso Butter Scallops

with Spinach Rice, Roasted Vegetables & Sesame-Marinated Carrots

## INGREDIENT IN FOCUS

Kohlrabi (often referred to as a German turnip) is a versatile vegetable from the Brassica family, with a mild flavor and texture similar to cabbage or broccoli stems. Once the skin is peeled off, the rest can be enjoyed raw or cooked!

## TECHNIQUE TO HIGHLIGHT

You'll combine butter with a sauce of miso and soy glaze to spoon over (or baste) the delicate scallops as they sear—an easy way to imbue them with rich, umami flavor.



**PREMIUM**

4 SERVINGS

⌚ 30-40 MINS



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



20 oz Sea Scallops



1 cup Sushi Rice



5 oz Baby Spinach



3/4 lb Carrots



4 Scallions



1 Kohlrabi



3/4 lb Green Beans



1/3 cup Asian-Style Sautéed Aromatics



3 Tbsps Sweet White Miso Paste



3 Tbsps Soy Glaze



2 Tbsps Vegetarian Ponzu Sauce



1 Tbsp Sesame Oil



2 Tbsps Rice Vinegar



2 Tbsps Butter



3 Tbsps Roasted Peanuts



1 Tbsp Togarashi Seasoning<sup>1</sup>



1 tsp Black & White Sesame Seeds

1. Sweet Paprika, Hot Paprika, Dried Orange Peel, Poppy Seeds, White Sesame Seeds & Black Sesame Seeds



## 1 Prepare the ingredients & make the sauce

- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Peel the **carrots**; grate on the large side of a box grater.
- In a bowl, combine the **sliced white bottoms of the scallions, grated carrots, ponzu sauce, and sesame oil**. Season with salt and pepper; stir to combine. Set aside to marinate, stirring occasionally, at least 10 minutes. Taste, then season with salt and pepper if desired.
- Peel the **kohlrabi**; halve lengthwise. If present, remove the core, then cut crosswise into 1/4-inch pieces.
- Cut off and discard any stem ends from the **green beans**.
- Roughly chop the **peanuts**.
- In a bowl, combine the **miso paste, soy glaze, half the vinegar, and 2 tablespoons of water**. Whisk until smooth.



## 2 Make the spinach rice

- In a medium pot, combine the **rice, a pinch of salt, and 1 1/4 cups of water**. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 15 to 17 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork. Add the **spinach and sautéed aromatics**; stir until thoroughly combined and the spinach is wilted.
- Taste, then season with salt and pepper if desired.



## 3 Roast & finish the vegetables

- Meanwhile, line a sheet pan with foil.
- Place the **kohlrabi pieces and green beans** on the foil. Drizzle with **olive oil** and season with salt and pepper. Toss to coat; arrange in an even layer.
- Roast 11 to 13 minutes, or until lightly browned and tender when pierced with a fork.
- Transfer to a large bowl. Add the **togarashi, chopped peanuts, and remaining vinegar**; toss to coat. Taste, then season with salt and pepper if desired.



## 4 Cook the scallops & serve your dish

- Meanwhile, 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 large pan (nonstick, if you have one), heat **1 tablespoon 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 and add the **butter and sauce** (carefully, as the liquid may splatter). Cook, constantly spooning the sauce over the scallops, 1 to 2 minutes, or until the scallops are coated and cooked through. Turn off the heat.
- Serve the **cooked scallops** (including any sauce from the pan) with the **spinach rice, finished vegetables, and marinated carrots** (including the liquid). Garnish with the **sliced green tops of the scallions and sesame seeds**. Enjoy!



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