

Seared Scallops & Lemon-Caper Butter

with Pesto Corn & Fregola Sarda

INGREDIENT IN FOCUS

Fregola sarda is a small, round pasta made from semolina flour—rolled into little balls and toasted to develop a beautiful brown color.

TECHNIQUE TO HIGHLIGHT

When cutting the kernels off of raw corn, we recommend standing the cob upright (making sure you have a good grip on the top) in the center of a rimmed sheet tray, which will help to catch all of the loose kernels as you cut vertically down the cobs.



PREMIUM

4 SERVINGS

🕒 30-40 MINS



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

Ingredients

-  20 oz Sea Scallops
-  1 oz Pickled Peppadew Peppers
-  1 ¼ cups Fregola Sarda Pasta
-  4 ears of Corn

-  2 Bell Peppers
-  1 Lemon
-  1 bunch Parsley
-  ⅓ cup Basil Pesto

-  2 oz Butter
-  1 Tbsp Capers
-  2 Tbsps Sliced Roasted Almonds
-  ¼ tsp Crushed Red Pepper Flakes

1 Prepare the ingredients

- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Remove any husks and silks from the **corn**; cut the kernels off the cobs.
- Cut off and discard the stems of the **bell peppers**. Halve lengthwise; remove the ribs and seeds, then medium dice.
- Quarter and deseed the **lemon**.
- Roughly chop the **parsley** leaves and stems.
- Roughly chop the **pickled peppers**.
- Roughly chop the **almonds**.
- In a bowl, combine the **chopped parsley, pickled peppers, and almonds** and a drizzle of **olive oil**. Season with salt and pepper.



2 Cook the pasta

- Place the **pasta** in a strainer; thoroughly rinse under water to remove any excess starch.
- Transfer to the pot of boiling water. Cook, uncovered, 7 to 8 minutes, or until tender. Turn off the heat.
- Reserving **1 cup of the pasta cooking water**, drain thoroughly and return to the pot.



3 Cook the vegetables

- Meanwhile, in a large pan, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **corn kernels and diced peppers** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned (be careful, as the corn may pop as it cooks).
- Add **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until the vegetables are lightly browned and softened.
- Transfer to the pot of **cooked pasta**.
- Wipe out the pan.



4 Cook the scallops & make the sauce

- 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 **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 and add the **butter, capers, and the juice of 2 lemon wedges**. Cook, constantly spooning the sauce over the scallops, 1 to 2 minutes, or until coated and cooked through.
- Turn off the heat.



5 Finish the pasta & serve your dish

- To the pot of **cooked pasta and vegetables**, add the **pesto and half the reserved pasta cooking water**. Cook on medium-high, stirring constantly, 1 to 2 minutes, or until the pasta is coated (if necessary, gradually add the remaining cooking water to ensure the pasta is thoroughly coated).
- Turn off the heat. Taste, then season with salt and pepper if desired.
- Serve the **finished pasta** topped with the **cooked scallops and sauce**. Garnish with the **pepper-almond mixture**. Serve the **remaining lemon wedges** on the side. 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.

Blue Apron, LLC
New York, NY 10005

 **Blue Apron**
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