

Seared Scallops & Pancetta Risotto

with Roasted Brussels Sprouts, Grapes & Pistachios

TECHNIQUE TO HIGHLIGHT

For a luxe twist on a classic side of roasted brussels sprouts, you'll roast them alongside juicy red grapes—allowing the natural sugars to caramelize and become even sweeter, while adding pops of bright, juicy flavor.

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.



PREMIUM

2 SERVINGS

🕒 35-45 MINS



Serve a bottle of Blue Apron wine with this symbol: Full & Savory.

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Ingredients



10 oz Sea Scallops



3 oz Diced Pancetta



1 cup Carnaroli Rice



½ lb Brussels Sprouts



2 cloves Garlic



1 Shallot



1 Tbsp Capers



3 oz Baby Spinach



1 bunch Parsley



4 oz Red Seedless Grapes



1 Lemon



1 oz Salted Butter



¾ cup Grated Parmesan Cheese



2 ½ Tbsps Vegetable Demi-Glace



2 Tbsps Roasted Pistachios



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients

- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Cut off and discard the stem ends of the **brussels sprouts**; halve lengthwise.
- Peel and thinly slice the **shallot**.
- Remove and discard any stems from the **grapes**.
- Roughly chop the **pistachios**.
- Using a zester or the small side of a box grater, finely grate the **lemon** to get 2 teaspoons. Quarter and deseed the lemon.
- Peel and roughly chop **2 cloves of garlic**.
- Roughly chop the **parsley** leaves and stems.



2 Cook the pancetta

- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **pancetta**. Cook, stirring occasionally, 4 to 5 minutes, or until lightly browned and cooked through.
- Transfer to a paper towel-lined plate.
- Rinse and wipe out the pan.



3 Roast & finish the vegetables

- Line a sheet pan with foil.
- Transfer the **halved brussels sprouts**, **sliced shallot**, and **grapes** to the foil. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer.
- Roast 16 to 18 minutes, or until browned and tender when pierced with a fork.
- Transfer to a large bowl; add the **chopped pistachios**, **capers**, and **the juice of 2 lemon wedges**. Stir to combine. Taste, then season with salt and pepper if desired.



4 Start the risotto

- Meanwhile, in a medium pot, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **rice**, **chopped garlic**, and a drizzle of **olive oil**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until lightly browned.



5 Finish the risotto

- To the pot, add **3 1/2 cups of water** (carefully, as the liquid may splatter); season with salt and pepper. Heat to boiling on high.
- Once boiling, reduce the heat to medium-high. Cook, stirring frequently, 16 to 18 minutes, or until most of the liquid has been absorbed and the rice is al dente (still slightly firm to the bite).
- Turn off the heat. Add the **butter**, **spinach**, **demi-glace**, **parmesan**, **lemon zest**, and **the juice of the remaining lemon wedges**. Stir until thoroughly combined and the spinach is wilted.
- Taste, then season with salt and pepper if desired.



6 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 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 and cook 1 to 2 minutes, or until lightly browned and cooked through. Turn off the heat.
- Serve the **finished risotto** topped with the **cooked scallops** and **cooked pancetta**. Serve the **finished vegetables** on the side. Garnish with the **chopped parsley**. 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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