

# Seared Scallops & Mushroom Risotto

with Chocolate-Pistachio Truffles

## WHY WE LOVE THIS DISH

Rich flavors abound in this decadent dish thanks to our mushroom and truffle risotto topped with delicate seared scallops, followed by homemade chocolate truffles covered with pistachios for a pleasantly sweet finish. It's perfect for a fancy night in with the ones you love!



**PREMIUM**

2 SERVINGS

⌚ 50-60 MINS







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

## Ingredients

-  10 oz Sustainably Sourced Sea Scallops
-  1 cup Carnaroli Rice
-  3 oz Baby Spinach
-  4 oz Mushrooms
-  1 bunch Chives
-  1 Shallot

-  2 cloves Garlic
-  1 oz Salted Butter
-  1 Tbsp Verjus Blanc
-  2 ½ Tbsps Vegetable Demi-Glace
-  2 Tbsps Crème Fraîche
-  ⅓ cup Crispy Onions

-  ¼ tsp Truffle Zest Seasoning<sup>1</sup>
-  ¼ cup Semi-Sweet Chocolate Chips
-  ¼ cup Cream
-  2 Tbsps Roasted Pistachios

1. includes natural truffle flavor and black summer truffle





"Alexa, find Blue Apron recipes."

## 1 Make the chocolate truffles

- Place the **chocolate** in a medium heatproof bowl.
- In a small pot, heat **3 tablespoons of the cream** (you will have extra) on medium-high until it begins to simmer.
- Transfer to the bowl of chocolate; add a **pinch of salt**. Let sit, without stirring, 1 minute, or until the chocolate begins to melt. Slowly whisk until thoroughly combined. Cover and freeze about 30 minutes, or until set.
- Meanwhile, finely chop the **pistachios**; place in a small bowl.
- Working quickly, scoop about **1 tablespoon of the chilled chocolate mixture** into your hands; roll into a ball. Transfer to the bowl of **chopped pistachios** and toss to evenly coat. Transfer to a plate.
- Repeat with the remaining chocolate and pistachios to yield 4 truffles. Refrigerate until ready to serve.



## 2 Prepare the ingredients

- While the chocolate sets, wash and dry the fresh produce.
- Cut the **mushrooms** into bite-sized pieces.
- Peel and roughly chop **2 cloves of garlic**.
- Peel and small dice the **shallot**.
- Thinly slice the **chives**.



## 3 Cook the vegetables

- In a medium pan (nonstick, if you have one), heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the **mushroom pieces** in an even layer. Cook, without stirring, 4 to 5 minutes, or until browned.
- Add the **chopped garlic**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until softened.
- Add the **spinach**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until wilted.
- Transfer to a bowl. Taste, then season with salt and pepper if desired. Cover with foil to keep warm.
- Wipe out the pan.



## 4 Start the risotto

- In a medium pot, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **diced shallot**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until slightly softened.
- Add the **rice** and a drizzle of **olive oil**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until lightly browned.



## 5 Finish the risotto

- To the pot, add the **demi-glaze** (carefully, as the liquid may splatter) and **3 1/2 cups of water**; 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 **crème fraîche, butter, verjus, cooked vegetables**, and as much of the **truffle zest** as you'd like. Stir until thoroughly combined and the butter is melted.
- Taste, then season with salt and pepper if desired.



## 6 Cook the scallops & serve your dish

- 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 a drizzle 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**. Garnish with the **crispy onions** and **sliced chives**. Serve the **chocolate truffles** for dessert. 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](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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