

Blackened Honey Butter Scallops

over Cheesy Garlic & Herb Polenta

WHY WE LOVE THIS DISH

Delicious seared scallops and a vibrant vegetable sauté come together over a bed of smooth polenta—finished with smoked gouda and garlic-herb butter for delightfully rich flavor.

TECHNIQUE TO HIGHLIGHT

You'll combine honey, hot sauce, and butter to spoon over (or baste) the scallops as they sear—an easy way to imbue them with exciting flavor and develop a crisp, charred exterior.



PREMIUM

2 SERVINGS

🕒 35-45 MINS













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

blueapron.com/wine

Ingredients

-  10 oz Sustainably Sourced Sea Scallops
-  ¾ cup Polenta
-  4 oz Sugar Snap Peas
-  1 Aloha Pepper
-  4 oz Multicolored Grape Tomatoes
-  3 oz Baby Spinach

-  2 Scallions
-  1 oz Garlic & Herb Spreadable Butter
-  1 oz Salted Butter
-  2 oz Smoked Gouda Cheese
-  1 Tbsp Hot Sauce
-  2 tps Honey

-  2 ½ Tbsps Vegetable Demi-Glace
-  ⅓ cup Crispy Onions
-  ½ oz Sweety Drop Peppers
-  1 Tbsp Weeknight Hero Spice Blend¹

1. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients & make the sauce

- Remove the **honey** from the refrigerator to bring to room temperature.
- Removed the **spreadable butter** from the refrigerator to soften.
- Wash and dry the fresh produce.
- Halve the **tomatoes**.
- Pull off and discard the tough string that runs the length of each **snap pea** pod; halve crosswise.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Cut off and discard the stem of the **aloha pepper**. Halve lengthwise; remove the ribs and seeds, then thinly slice crosswise.
- Grate the **cheese** on the large side of a box grater.
- In a bowl, combine the **honey** (kneading the packet before opening), **2 tablespoons of water**, and **as much of the hot sauce as you'd like**, depending on how spicy you'd like the dish to be.



2 Cook & finish the polenta

- In a medium pot, combine the **demi-glaze**, **3 cups of water**, and **a big pinch of salt**. Heat to boiling on high.
- Once boiling, whisk in the **polenta**; reduce the heat to low. Cook, whisking frequently to prevent lumps from forming, 15 to 19 minutes, or until the polenta is thickened and the water has been absorbed (be careful, as the polenta may splatter as it cooks).
- Turn off the heat. Stir in the **grated cheese** and **softened butter** until thoroughly combined and the cheese is melted. Taste, then season with salt and pepper if desired.
- Cover to keep warm.



3 Cook the vegetables

- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **halved tomatoes**, **halved peas**, **sliced white bottoms of the scallions**, and **sliced aloha pepper**. Season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened.
- Add the **spinach**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until the spinach is wilted.
- Transfer to a bowl; cover with foil to keep warm.
- Wipe out the pan.



4 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 on both sides with salt, pepper, and enough of the **spice blend** to coat (you may have extra).
- 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 browned.
- Flip the scallops; add the **sauce** (carefully, as the liquid may splatter) and **plain butter**. Cook, constantly spooning the sauce over the scallops, 1 to 2 minutes, or until the scallops are browned and cooked through.
- Turn off the heat.
- Serve the **finished polenta** topped with the **cooked vegetables** and **cooked scallops** (including any sauce from the pan). Garnish with the **crispy onions**, **sliced green tops of the scallions**, and **sweetie drop peppers**. 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