

# Pan-Seared Scallops & Red Rice

with Snap Peas, Tomatoes & Peaches

## WHY WE LOVE THIS DISH

It's brimming with bright, seasonal flavors thanks to a colorful mix of lime-dressed tomatoes, peaches, and snap peas—cooked briefly in the pan to enhance their vibrant green color and sweet flavor.

## TECHNIQUE TO HIGHLIGHT

To give these delicate, tender sea scallops a crisp, golden brown exterior, be sure to thoroughly pat them dry before searing, as excess moisture will prevent that delicious browning.



PREMIUM

4 SERVINGS

🕒 35-45 MINS



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

## Ingredients

-  20 oz Sustainably Sourced Sea Scallops
-  1 cup Red Rice Blend
-  ½ lb Sugar Snap Peas
-  ½ lb Grape Tomatoes

-  2 oz Pickled Peppadew Peppers
-  2 Scallions
-  1 bunch Parsley
-  2 Peaches

-  1 Lime
-  2 oz Garlic & Herb Spreadable Butter
-  1 Tbsp Smoky Spice Blend<sup>1</sup>

1. Smoked Paprika, Sweet Paprika, Ground Yellow Mustard, Garlic Powder & Onion Powder



"Alexa, find Blue Apron recipes."

### 1 Cook the rice

- Remove the **spreadable butter** from the refrigerator to soften.
- Fill a medium pot  $\frac{3}{4}$  of the way up with salted water; cover and heat to boiling on high.
- Once boiling, add the **rice**. Cook, uncovered, 30 to 32 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot.



### 2 Prepare the ingredients

- Meanwhile, wash and dry the fresh produce.
- Pull off and discard the tough string that runs the length of each **snap pea** pod.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Halve, pit, and small dice the **peaches**.
- Roughly chop the **peppers**.
- Halve the **tomatoes**.
- Halve the **lime** crosswise; squeeze the juice into a large bowl. Add the **diced peaches, chopped peppers, halved tomatoes**, and a drizzle of **olive oil**; season with salt and pepper. Stir to coat.
- Roughly chop the **parsley** leaves and stems.



### 3 Cook & finish the peas

- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **prepared peas** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned.
- Add the **sliced white bottoms of the scallions**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until softened.
- Transfer to the bowl of **dressed tomatoes and peaches**; stir to combine. Taste, then season with salt and pepper if desired.
- Wipe out the pan.



### 4 Cook the scallops

- 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 the **spice blend**.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned scallops in an even layer. Cook 3 to 4 minutes, or until browned. Flip and cook 30 seconds to 1 minute, or until lightly browned and cooked through.
- Turn off the heat.



### 5 Finish the rice & serve your dish

- To the pot of **cooked rice**, add the **softened butter**; stir until melted and combined.
- Serve the **finished rice** topped with the **finished peas** and **cooked scallops**. Garnish with the **chopped parsley** and **sliced green tops of the scallions**. 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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