

# Scallops & Crispy Prosciutto over Fregola Sarda

with Sage-Roasted Squash & Brussels Sprouts

## WHY WE LOVE THIS DISH

It's packed with a variety of textures and flavors from delicate seared scallops, crispy prosciutto, tender roasted vegetables, and pearls of fregola sarda pasta dressed with garlic-herb butter.

## INGREDIENT IN FOCUS

Hailing from the Italian island of Sardinia, fregola sarda is a small, round pasta made from semolina flour—rolled into little balls and toasted to develop a beautiful brown color.



**PREMIUM**

2 SERVINGS





⌚ 40-50 MINS







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

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## Ingredients\*

-  10 oz Sustainably Sourced Sea Scallops
-  3 oz Prosciutto
-  2/3 cup Fregola Sarda Pasta
-  1 Delicata Squash

-  1/2 lb Brussels Sprouts
-  1 bunch Sage
-  1 bunch Parsley
-  1 oz Salted Butter

-  1 oz Garlic & Herb Spreadable Butter
-  2 Tbsps Sherry Vinegar
-  2 1/2 Tbsps Chicken Demi-Glace
-  1 1/2 Tbsps Spicy Maple Syrup

\*Ingredients may be replaced and quantities may vary.

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"Alexa, find Blue Apron recipes."

## 1 Prepare the ingredients & start the sauce

- Remove the **spreadable butter** from the refrigerator to bring to room temperature.
- Place an oven rack in the center of the oven; preheat to 450°F.
- 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.
- Cut off and discard the ends of the **squash**. Halve lengthwise; using a spoon, scoop out and discard the pulp and seeds. Cut crosswise into  $\frac{1}{2}$ -inch pieces.
- Cut off and discard the stem ends of the **brussels sprouts**; halve lengthwise.
- Pick the **sage** leaves off the stems; roughly chop the leaves.
- Stack the **prosciutto** (removing the plastic lining between the slices), then roughly chop.
- Roughly chop the **parsley** leaves and stems.
- In a bowl, combine the **maple syrup**, **demi-glace**, and **vinegar**. Season with salt and pepper.



## 2 Roast the vegetables

- Line a sheet pan with foil.
- Place the **squash pieces**, **halved brussels sprouts**, and **chopped sage** on the foil. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer.
- Roast 18 to 20 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven.



## 3 Cook the pasta

- Meanwhile, place the **pasta** in a strainer and thoroughly rinse under cold 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.
- Drain thoroughly and return to the pot.



## 4 Crisp the prosciutto

- Meanwhile, in a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **chopped prosciutto**. Cook, stirring frequently and breaking apart any clumps, 4 to 5 minutes, or until crispy.
- Transfer to a paper towel-lined plate.



## 5 Cook the scallops

- 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, without stirring, 3 to 4 minutes, or until browned. Flip and cook 30 seconds to 1 minute, or until cooked through.
- Transfer to a plate.
- Wipe out the pan.



## 6 Finish & serve your dish

- To the same pan, add the **sauce** (carefully, as the liquid may splatter). Cook on medium-high, stirring frequently, 2 to 3 minutes, or until the liquid is slightly reduced in volume.
- Turn off the heat. Stir in the **plain butter** until melted and combined.
- To the pot of **cooked pasta**, add the **softened butter** and **roasted vegetables**. Stir to combine; taste, then season with salt and pepper if desired.
- Serve the **finished pasta** topped with the **cooked scallops** and **finished sauce**. Top with the **crispy prosciutto**. 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](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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