Scallops & Crispy Prosciutto over Fregola Sarda

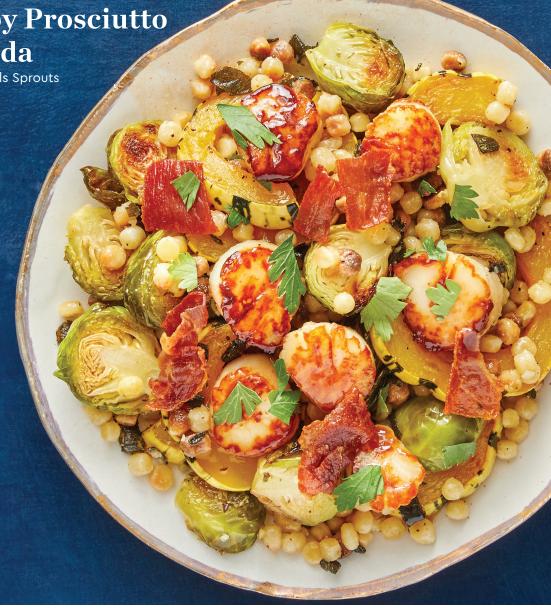
with Sage-Roasted Squash & Brussels Sprouts

#### 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**

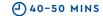
Hailing from the Italian island of Sardinia, fregola sarda is a small, round pasta made from semolina flour—rolled into little balls and toasted to develop a beautiful brown color.





# **PREMIUM**

2 SERVINGS







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



<sup>2</sup>/<sub>3</sub> 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 ½ Tbsps Chicken Demi-Glace



1 ½ Tbsps Spicy Maple Syrup



#### "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 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 ½-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.



## 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 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).



