

Seared Scallops & Walnut-Thyme Breadcrumbs

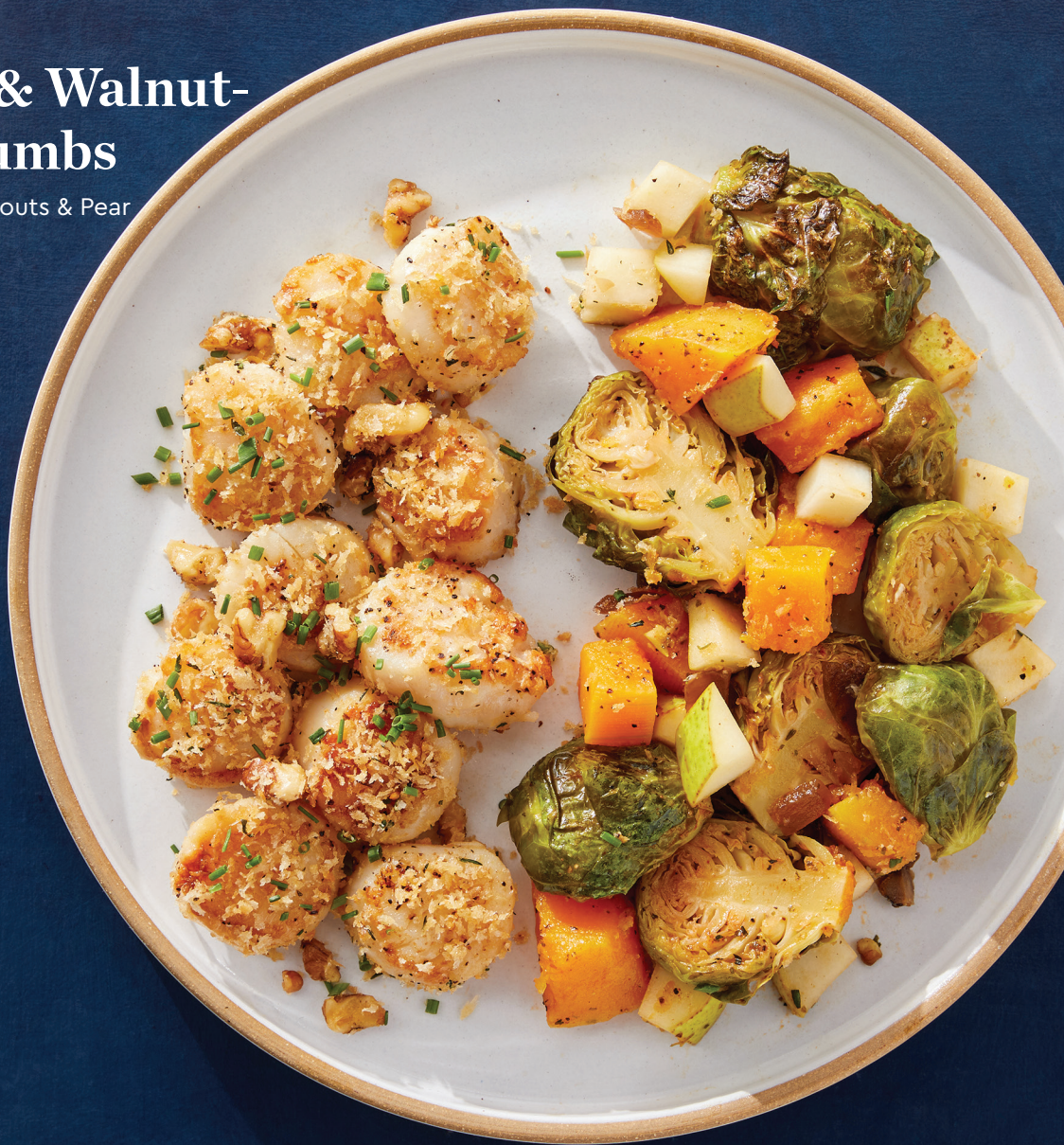
with Butternut Squash, Brussels Sprouts & Pear

WHY WE LOVE THIS DISH

For a sophisticated dish to celebrate the season, we're making seared scallops with an aromatic fresh thyme and walnut breadcrumb topper—complete with a roasted fall vegetable duo.

TECHNIQUE TO HIGHLIGHT

To add a piquant contrast of flavor to hearty roasted vegetables, tender, sweet pear is marinated alongside tangy balsamic onions in a vibrant mix of sherry vinegar and spicy maple syrup, then tossed with the vegetables to finish the dish.



PREMIUM


2 SERVINGS

🕒 25-35 MINS






Serve a bottle of Blue Apron wine with this symbol: Crisp & Tropical.
blueapron.com/wine

Ingredients*

-  10 oz Sustainably Sourced Sea Scallops
-  ¼ cup Panko Breadcrumbs
-  ½ lb Brussels Sprouts
-  ½ lb Diced Butternut Squash
-  1 oz Balsamic-Marinated Cipolline Onions

-  1 bunch Chives
-  1 bunch Thyme
-  1 Pear
-  1 oz Salted Butter
-  1 Tbsp Sherry Vinegar

-  1 ½ Tbsps Spicy Maple Syrup
-  ¼ cup Roasted Walnuts
-  1 Tbsp Weeknight Hero Spice Blend¹

¹ Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley
*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

1 Prepare & roast the vegetables

- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Cut off and discard the stem ends of the **brussels sprouts**; halve lengthwise.
- Place the **squash** and **halved brussels sprouts** on a sheet pan. Drizzle with **1 tablespoon of olive oil** and season with salt, pepper, and **half the spice blend** (you will have extra). Toss to coat. Arrange in an even layer.
- Roast 21 to 23 minutes, or until lightly browned and tender when pierced with a fork.
- Remove from the oven.



2 Prepare the remaining ingredients

- Meanwhile, roughly chop the **walnuts**.
- Pick the **thyme** leaves off the stems; roughly chop the leaves.
- Thinly slice the **chives**.
- Roughly chop the **onions**.
- Core and medium dice the **pear**.
- In a large bowl, combine the **chopped onions, diced pear, maple syrup, and vinegar**. Season with salt and pepper. Set aside to marinate, stirring occasionally, at least 10 minutes. Taste, then season with salt and pepper if desired.



3 Make the walnut-thyme breadcrumbs

- Meanwhile, in a medium pan (nonstick, if you have one), heat the **butter** on medium-high until melted.
- Add the **breadcrumbs** and **chopped walnuts**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until lightly browned.



Step 3 continued:

- Turn off the heat; add the **chopped thyme leaves**. Stir to combine.
- Transfer to a bowl.
- 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 with salt and pepper on both sides.
- In the same pan, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the seasoned scallops in an even layer. Cook 3 to 4 minutes, or until lightly browned. Flip and cook 30 seconds to 1 minute, or until lightly browned and cooked through.
- Turn off the heat.



5 Finish the vegetables & serve your dish

- Add the **roasted vegetables** to the bowl of **marinated pear and onions**. Toss to combine; taste, then season with salt and pepper if desired.
- Serve the **cooked scallops** with the **finished vegetables**. Top the scallops with the **walnut-thyme breadcrumbs**. Garnish with the **sliced chives**. 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