

Pan-Seared Scallops

with Sautéed Sun Gold Tomatoes & Purslane over Farro

We're pulling out all the stops. For the second time in Blue Apron history, we have the privilege of offering you scallops. Scallops roam seas the world over. Their bright shells with fluted, fanned ridges are unmistakable—as is their flavor. Delicate and subtly briny, we've chosen to prepare these scallops simply. Finished with purslane, an almost lemony herb with a peppery kick, this gourmet dish is pure elegance.



Ingredients

- 1 Cup Farro
- 8 Ounces Bay Scallops
- 3 Tablespoons Hazelnuts
- 1 Bunch Tarragon
- 1 Ounce Purslane
- 1 Shallot
- 6 Ounces Sun Gold Tomatoes
- 1 Tablespoon White Wine Vinegar

Makes 2 Servings
About 580 Calories Per Serving



Instructions

1



Cook the farro:

Heat a medium pot of salted water to boiling on high. Once boiling, add the **farro** and cook 14 to 16 minutes, or until tender. Drain thoroughly and return to the pot. Stir in a drizzle of olive oil and season with salt and pepper to taste. Set aside as you continue cooking.

2



Prepare the ingredients:

While the farro cooks, wash and dry the fresh produce. Remove the scallops from the refrigerator to bring to room temperature. Roughly chop the hazelnuts. Pick the tarragon leaves off the stems; discard the stems and roughly chop the leaves. Pick the purslane off the large, central stems; discard the stems. Chop the remaining purslane into large pieces. Peel and mince the shallot.

3



Toast the nuts:

Heat a large, dry pan (nonstick, if you have one), on medium until hot. Add the **hazelnuts** and toast, stirring frequently, 4 to 6 minutes, or until browned and fragrant. Transfer the toasted hazelnuts to a small bowl and set aside as you continue cooking. Wipe out the pan.

4



Sear the scallops:

Pat the **scallops** dry and season with salt and pepper on both sides. In the same pan used to toast the nuts, heat 2 teaspoons of olive oil on high until hot. Add the **seasoned scallops** and cook, stirring occasionally, 45 seconds to 1 minute, or until just browned. Transfer the cooked scallops to a plate, leaving any browned bits in the pan. Set aside as you continue cooking.

5



Add the vegetables & herbs:

To the pan of browned bits, add 2 teaspoons of olive oil and heat on medium until hot. Add the **shallot** and **tomatoes** and season with salt. Cook, stirring occasionally, 30 seconds to 1 minute, or until the tomatoes have softened slightly. Remove from heat and add the **vinegar**, **purslane**, **cooked scallops** (along with any juices on the plate), **half the tarragon**, **2 tablespoons of water** and a drizzle of olive oil. Stir until well combined and season with salt and pepper to taste.

6



Plate your dish:

Divide the **farro** and **scallop mixture** between 2 plates. Garnish with the **toasted hazelnuts** and **remaining tarragon**. Enjoy!