



SCALLOPS OVER BUTTERNUT SQUASH RISOTTO

with Lemon-Sage Brown Butter



HELLO
ARBORIO RICE
 This amazing grain, grown specifically for risotto, has more natural starch than other kinds of rice. Cooked right, arborio becomes incredibly creamy, yet firm to the bite.

PREP: 10 MIN | TOTAL: 50 MIN | CALORIES: 720

- 
Veggie Stock Concentrates
- 
Shallot
- 
Sage
- 
Lemon
- 
Parmesan Cheese
(Contains: Milk)
- 
Garlic
- 
Arborio Rice
- 
Butternut Squash
- 
Scallops
(Contains: Shellfish)

START STRONG

Check that the scallops have a browned surface before flipping or taking them out of the pan. This is essential to giving them a melt-in-your-mouth butteriness.

BUST OUT

- Large bowl
- Paper towels
- 2 Large pans
- Zester
- Baking sheet
- Small bowl
- Vegetable oil (4 tsp | 8 tsp)
- Butter (3 TBSP | 6 TBSP)
(Contains Milk)

INGREDIENTS

Ingredient **2-person** | **4-person**

- Veggie Stock Concentrates **3 | 5**
- Garlic **2 Cloves | 4 Cloves**
- Shallot **1 | 2**
- Lemon **1 | 2**
- Arborio Rice **¾ Cup | 1½ Cups**
- Sage **¼ oz | ½ oz**
- Butternut Squash **8 oz | 16 oz**
- Scallops **8 oz | 16 oz**
- Parmesan Cheese **¼ Cup | ½ Cup**

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



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1 **PREP**
Adjust rack to upper position and preheat oven to 450 degrees. **Wash and dry all produce.** In a large microwave-safe bowl, combine **5 cups water** and **stock concentrates**; microwave until hot, about 5 minutes. Thinly slice **garlic**. Halve, peel, and mince **shallot**. Zest 1 tsp zest from **lemon**; quarter lemon.



2 **SIMMER RISOTTO**
Heat a drizzle of **oil** in a large pan over medium heat. Add **shallot** and **garlic**. Cook until softened, 1-2 minutes. Add **rice** and stir until translucent, 1-2 minutes. Add **stock mixture** to pan, ½ cup at a time, stirring after each addition. Allow rice to absorb most of the stock before adding more. Continue until rice is al dente and creamy, 30-35 minutes.



3 **ROAST SQUASH**
Meanwhile, pick **sage leaves** from stems; thinly slice leaves. Toss **squash** on a baking sheet with a drizzle of **oil** and a pinch of **salt** and **pepper**. Roast until browned and tender, 15-20 minutes.



4 **COOK SCALLOPS**
Meanwhile, pat **scallops** dry with paper towels and season generously all over with **salt** and **pepper**. Heat a large drizzle of **oil** in a separate large pan over medium-high heat. Add scallops and cook until browned and just firm, 3-5 minutes per side. Remove from pan and set aside, covered, to keep warm. Wipe out pan.



5 **BROWN BUTTER AND FINISH RISOTTO**
Melt **2 TBSP butter** in same pan used to cook scallops over medium heat. Cook, stirring often, until butter is foamy on top and flecked with amber brown bits, about 3 minutes. Stir in **1 tsp sage** and a squeeze of **lemon juice**. Carefully transfer to a small bowl. Once **risotto** is al dente, stir in **squash, lemon zest, Parmesan, 1 TBSP butter**, and a squeeze of lemon juice.



6 **FINISH AND SERVE**
Taste and season **risotto** with **salt, pepper**, and more **lemon juice** if needed. Divide between bowls. Top with **scallops**. Drizzle with **brown butter**. Garnish with remaining **sage** (to taste). Serve with any remaining **lemon wedges** on the side.

AROMAMAZING!

After browning your butter, take a whiff! It'll smell nutty and toasted.

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