



SHRIMP & SCALLOP CIOPPINO

with Garlic Toast & Parsley

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Onion



2 | 4
Tomatoes



2 Cloves | 4 Cloves
Garlic



1 | 2
Ciabatta
Contains: Soy, Wheat



¼ oz | ½ oz
Parsley



1 | 2
Tomato Paste



1 TBSP | 2 TBSP
Tuscan Heat
Spice



1 | 2
Seafood Stock
Concentrate
Contains: Fish,
Shellfish



1 | 2
Chicken Stock
Concentrate



5 tsp | 10 tsp
White Wine
Vinegar



10 oz | 20 oz
Shrimp
Contains: Shellfish



10 oz | 20 oz
Scallops
Contains: Shellfish



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!

HELLO

CIOPPINO

"Chuh-PEE-noh" is an Italian-style seafood
stew from San Francisco.

PREP: 10 MIN | COOK: 35 MIN | CALORIES: 600



LEAF IT TO YOU

Any dried bay leaves on hand? Add one along with the water in Step 3 to deepen flavor to your stew, making all those tasty ingredients pop even more!

BUST OUT

- Large pot
- Small bowl
- Baking sheet
- Paper towels
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)
- Butter (2 TBSP | 4 TBSP)
Contains: Milk

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1 PREP

- Adjust rack to top position and preheat oven to 450 degrees. **Wash and dry produce.**
- Halve, peel, and thinly slice **onion**. Finely dice **tomatoes**. Peel and mince **garlic**. Finely chop **parsley** leaves and stems. Halve **ciabatta**.



2 COOK VEGGIES

- Heat a **large drizzle of oil** in a large pot over medium-high heat. Add **onion**, a **pinch of salt**, and **pepper**. Cook, stirring occasionally, until softened, 3-5 minutes.
- Add **tomatoes**, **tomato paste**, **Tuscan Heat Spice**, **half the garlic**, and **half the parsley**. Cook, stirring occasionally, until softened and fragrant, 2-3 minutes.



3 MAKE STEW

- Stir in **seafood stock concentrate**, **chicken stock concentrate**, **vinegar**, and **2½ cups water** (4 cups for 4 servings) to pot with **veggies**; season with **1 tsp salt** (2 tsp for 4) and **pepper**. Bring to a boil, then reduce heat to medium; simmer until slightly thickened, 8-10 minutes.



4 MAKE GARLIC TOAST

- Meanwhile, in a small microwave-safe bowl, combine **remaining garlic**, **2 TBSP butter** (4 TBSP for 4 servings), and a **pinch of salt**. Microwave until butter melts, about 30 seconds.
- Place **ciabatta**, cut sides up, on a baking sheet; brush cut sides with **garlic butter**. Toast on top rack until crisp and golden, 5 minutes. Slice each ciabatta half on a diagonal to create triangles.



5 COOK SHRIMP & SCALLOPS

- Rinse **shrimp*** and **scallops*** under cold water, then pat dry with paper towels.
- Add shrimp to pot with **stew**; simmer until opaque and cooked through, 3-4 minutes.
- Add scallops; simmer until opaque and cooked through, 1-2 minutes more. Remove pot from heat. Season with **salt** and **pepper**.



6 SERVE

- Divide **cioppino** between bowls. Garnish with **remaining parsley**. Serve with **garlic toast** on the side.

*Shrimp are fully cooked when internal temperature reaches 145°.

*Scallops are fully cooked when internal temperature reaches 145°.