



BUTTERY SCALLOPS & PARMESAN SPAGHETTI

with Asparagus & Lemon

INGREDIENTS

2 PERSON | 4 PERSON



6 oz | 12 oz
Asparagus



1 Clove | 2 Cloves
Garlic



1 | 2
Lemon



6 oz | 12 oz
Spaghetti
Contains: Wheat



8 oz | 16 oz
Jumbo Sea
Scallops
Contains: Shellfish



4 oz | 8 oz
Cream Sauce
Base
Contains: Milk



1 | 2
Seafood Stock
Concentrate
Contains: Fish,
Shellfish



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



3 TBSP | 6 TBSP
Parmesan Cheese
Contains: Milk



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HELLO

SCALLOPS

Scallops, known for their sweet flavor and tender texture, give pasta a delicious upgrade.

PREP: 5 MIN | COOK: 30 MIN | CALORIES: 830



MAKE IT SNAPPY

Trimming asparagus is a snap—literally. Hold the spears near the bottom ends and bend until they break.

BUST OUT

- Large pot
 - Zester
 - Baking sheet
 - Strainer
 - Paper towels
 - Large pan
 - Aluminum foil
 - Whisk
 - Kosher salt
 - Black pepper
 - Cooking oil (4 tsp | 4 tsp)
 - Butter (2 TBSP | 4 TBSP)
- Contains: Milk



1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. Bring a large pot of **salted water** to a boil. **Wash and dry produce.**
- Trim and discard woody bottom ends from **asparagus**; cut stalks crosswise into 1-inch pieces. Mince **garlic**. Zest and quarter **lemon**.



2 ROAST ASPARAGUS

- Toss **asparagus** on a baking sheet with a **drizzle of oil, salt,** and **pepper**. Roast on top rack until tender and lightly browned, 10-12 minutes.



3 COOK SPAGHETTI

- Once water is boiling, add **spaghetti** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes. Reserve **1 cup pasta cooking water (2 cups for 4 servings)**, then drain.
- Return spaghetti to pot and set aside.



4 COOK SCALLOPS

- Place **scallops*** in a strainer and rinse under cold water to remove any grit. Gently remove any small side muscles if necessary and pat dry with paper towels. Season with **salt** and **pepper**.
- Heat a **large drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Once pan is very hot, add scallops; cook, undisturbed, until lightly browned on bottoms, 2-3 minutes.
- Flip scallops and stir in **1 TBSP butter (2 TBSP for 4 servings)** until melted. Cook, spooning butter over scallops, until scallops are opaque and cooked through, 1-2 minutes more.
- Turn off heat; transfer to a plate and tent with foil. Wipe out pan and let cool slightly.



5 MAKE SAUCE

- Heat a **drizzle of oil** in pan used for scallops over medium-high heat. Add **garlic**; cook, stirring, until fragrant, 30 seconds.
- Whisk in **cream sauce base, stock concentrate,** and **1/3 cup reserved pasta cooking water (3/4 cup for 4 servings)**. Cook, whisking, until slightly thickened, 2-4 minutes.
- Reduce heat to medium low and whisk in **sour cream** until smooth.



6 FINISH PASTA

- Transfer **sauce** to pot with **drained spaghetti**; add **roasted asparagus, Parmesan, 1 TBSP butter (2 TBSP for 4 servings), a big squeeze of lemon juice,** and a **pinch of lemon zest**.
- Reduce heat to low. Cook, stirring, until butter has melted and everything is coated in a creamy sauce. **TIP: If needed, stir in more reserved pasta cooking water a splash at a time.**



7 SERVE

- Divide **pasta** between shallow bowls. Top with **scallops** and a **squeeze of lemon juice** just before serving.

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