



# SCALLOPS WITH ORANGE-CRANBERRY GASTRIQUE

plus Garlicky Mashed Potatoes & Roasted Brussels Sprouts

## INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz  
Potatoes\*



2 Cloves | 4 Cloves  
Garlic



8 oz | 16 oz  
Brussels Sprouts



1 | 2  
Shallot



1 | 2  
Orange



¼ oz | ¼ oz  
Sage



1 oz | 2 oz  
Dried Cranberries



1 | 2  
Chicken Stock  
Concentrate



5 tsp | 10 tsp  
Red Wine Vinegar



8 oz | 16 oz  
Scallops  
Contains: Shellfish



SCAN HERE FOR A VIDEO TUTORIAL BY ONE OF OUR PRO CHEFS ON HOW TO MAKE THIS RECIPE!

\*The ingredient you received may be a different color.

## HELLO

### GASTRIQUE

A reduced mixture of caramelized sugar and vinegar that's often infused with fruit to create a sweet, tart sauce



PREP: 15 MIN | COOK: 50 MIN | CALORIES: 730



# HELLO FRESH

## BESTIE, IT'S ZESTY

Orange zest is rich in fragrant oils that add concentrated citrus flavor to your gastrique—the perfect pairing for tender seared scallops.

## BUST OUT

- Peeler
- Zester
- Medium pot
- Strainer
- Potato masher
- Baking sheet
- Small pan
- Whisk
- Small bowl
- Paper towels
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)
- Sugar (1½ TBSP | 3 TBSP)
- Butter (5 TBSP | 10 TBSP)

Contains: Milk



### 1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Peel and dice **potatoes** into ½-inch pieces. Peel **garlic**. Trim and halve **Brussels sprouts** lengthwise. Halve, peel, and thinly slice **shallot**. Zest **orange** until you have ½ tsp (1 tsp for 4 servings); halve orange. Pick **half the sage leaves** from stems (all the leaves for 4); thinly slice leaves until you have 1 tsp (2 tsp for 4). Roughly chop **dried cranberries**.



### 2 MAKE MASHED POTATOES

- Place **potatoes** and **garlic** in a medium pot with enough **salted water to cover by 2 inches**. Bring to a boil and cook until tender, 15-18 minutes.
- Reserve ¼ cup **potato cooking liquid** (½ cup for 4 servings), then drain and return potatoes and garlic to pot.
- Add **2 TBSP butter** (4 TBSP for 4). Mash with a potato masher or fork until smooth, adding splashes of reserved potato cooking liquid as needed. Season with **salt** and **pepper** to taste. Keep covered off heat until ready to serve.



### 3 ROAST BRUSSELS SPROUTS

- While potatoes cook, toss **Brussels sprouts** and **shallot** on a baking sheet with a **drizzle of oil, salt, and pepper**. Roast on top rack until golden brown and tender, 15-20 minutes.



### 4 START GASTRIQUE

- Meanwhile, squeeze **juice from the orange** into a small, preferably nonstick, pan (medium pan for 4 servings) over low heat. Stir in **stock concentrate, vinegar, ¼ cup water, and 1½ TBSP sugar** (½ cup water and 3 TBSP sugar for 4). Whisk to combine.
- Increase heat under pan to medium. Add **1 TBSP butter** (2 TBSP for 4). Bring mixture to a simmer. Once butter has melted, whisk to combine.
- Cook, stirring frequently, until sauce has reduced by about two-thirds and coats the back of a spoon, 10-12 minutes. **TIP: During the last 2-3 minutes of cooking, make sure to stir the sauce constantly, because it will thicken rapidly. If it seems too thick, add a splash of water.**



### 5 FINISH GASTRIQUE

- While gastrique cooks, in a small heatproof bowl (medium bowl for 4 servings), combine **orange zest, sage, and dried cranberries**.
- Once **orange gastrique** has reduced, turn off heat and carefully transfer to bowl with **cranberry mixture**. Stir to combine and set aside. Wash out pan.



### 6 COOK SCALLOPS

- Pat **scallops\*** dry with paper towels and season all over with **salt** and **pepper**.
- Melt **2 TBSP butter** (4 TBSP for 4 servings) in pan used for gastrique over medium-high heat. Once butter is bubbling, add scallops and cook until opaque, browned, and cooked through, 3-5 minutes per side. Remove pan from heat.



### 7 SERVE

- Divide **mashed potatoes** and **roasted Brussels sprouts and shallot** between plates in separate sections.
- Top mashed potatoes with **scallops** (spoon any extra butter in pan over top). Spoon as much **orange-cranberry gastrique** as you like over scallops. Serve.

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