



# 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: 810



# HELLO FRESH

## 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

## MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.



### 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°.