



SCALLOPS OVER BUTTERNUT SQUASH RISOTTO with Lemon-Sage Brown Butter



HELLO
BUTTERNUT SQUASH
This golden gourd adds earthy sweetness to creamy risotto.

PREP: 10 MIN

TOTAL: 50 MIN

CALORIES: 750


Mushroom Stock Concentrates


Shallot


Arborio Rice


Butternut Squash


Parmesan Cheese
(Contains: Milk)


Garlic


Lemon


Sage


Scallops
(Contains: Shellfish)

START STRONG

Check that the scallops have a nicely browned surface before flipping them or taking them out of the pan. This crust provides a crisp contrast to the inside's melt-in-your-mouth butteriness.

BUST OUT

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

INGREDIENTS

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

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

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



1 PREP

Adjust rack to top position and preheat oven to 450 degrees. **Wash and dry all produce.** In a large microwave-safe bowl, combine **stock concentrates** and **4 cups water** (7 cups for 4 servings); microwave until hot, 3-5 minutes. Thinly slice **garlic**. Halve, peel, and mince **shallot**. Zest and quarter **lemon**. Pick **sage leaves** from stems; thinly slice leaves.



4 COOK SCALLOPS

Meanwhile, pat **scallops** dry with paper towels; season generously all over with **salt** and **pepper**. Heat a large drizzle of **oil** in a second large pan over medium-high heat. Add scallops and cook until browned and cooked through, 3-5 minutes per side. Turn off heat. Remove scallops from pan and set aside, covered. Wipe out pan.



2 COOK RISOTTO

Heat a drizzle of **oil** in a large pan over medium heat. Add **garlic** and **shallot**. Cook until softened, 1-2 minutes. Add **rice**; stir until translucent, 1-2 minutes. Add **½ cup stock**; stir until liquid has mostly absorbed. Repeat with remaining stock—adding ½ cup at a time and stirring until liquid has mostly absorbed—until rice is al dente and mixture is creamy, 25-30 minutes.



5 MAKE BROWN BUTTER & FINISH RISOTTO

Melt **2 TBSP butter** (3 TBSP for 4 servings) in pan used for scallops over medium heat. Cook, stirring, until butter is foamy and flecked with amber brown bits, 2-3 minutes. Stir in **sage leaves** and a squeeze of **lemon juice**. Turn off heat; carefully transfer to a small bowl. Once **risotto** is done, stir in **roasted squash**, **lemon zest**, **Parmesan**, **1 TBSP butter**, and a squeeze of lemon juice.



3 ROAST SQUASH

While risotto cooks, toss **squash** on a baking sheet with a drizzle of **oil** and a pinch of **salt** and **pepper**. Roast until browned and tender, 20-25 minutes.



6 FINISH & SERVE

Taste and season **risotto** with **salt**, **pepper**, and more **lemon juice** if desired. Divide between bowls and top with **scallops**. Drizzle with **brown butter**. Serve with any remaining **lemon wedges** on the side.

WHAT'S BETTER?

Try replacing plain melted butter with brown butter in your next batch of chocolate chip cookies!

Share your #HelloFreshPics with us! | (646) 846-3663 HelloFresh.com | hello@hellofresh.com

WK9 NJ-11