



INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Yellow Onion



2 | 4
Roma Tomatoes



2 Cloves | 4 Cloves
Garlic



1 | 2
Ciabatta
Contains: Soy, Wheat



¼ oz | ½ oz
Parsley



1.5 oz | 3 oz
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

HELLO

CIOPPINO

Pronounced "cho-pee-noh," this Italian-style seafood stew originated in San Francisco

SHRIMP & SCALLOP CIOPPINO

with Garlic Toast & Parsley

PREMIUM PICKS



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 580



LEAF IT TO YOU

Got any dried bay leaves in your pantry? Lucky you! Add one to the stew after you stir in the water in step 3. It will add depth of flavor to your stew's base, 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**. Mince **garlic**. Finely chop **parsley** leaves and stems. Halve **ciabatta**.



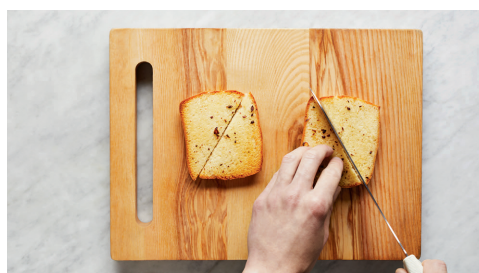
2 COOK VEGGIES

- 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 soft and fragrant, 2-3 minutes.



3 MAKE STEW

- Stir in **seafood stock concentrate**, **chicken stock concentrate**, **white wine 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, place **remaining garlic**, **2 TBSP butter** (4 TBSP for 4 servings), and a **pinch of salt** in a small microwave-safe bowl. Microwave until butter is melted, about 30 seconds.
- Place **ciabatta**, cut sides up, on a baking sheet and 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°.