

Seared Scallops & Walnut-Thyme Breadcrumbs

with Butternut Squash, Brussels Sprouts & Pear

WHY WE LOVE THIS DISH

For an elevated dish to celebrate the Thanksgiving season, we're making seared scallops with an aromatic fresh thyme and walnut breadcrumb topper—served alongside a roasted fall vegetable duo.

TECHNIQUE TO HIGHLIGHT

These delicate, tender sea scallops develop a crisp, golden brown exterior when seared in the pan—just be sure to thoroughly pat them dry, as excess moisture will prevent that delicious browning.



PREMIUM

2 SERVINGS

🕒 25-35 MINS



Serve a bottle of Blue Apron wine with this symbol: Crisp & Tropical.

blueapron.com/wine

Ingredients

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|  10 oz Sea Scallops |  1 Pear |  1 ½ Tbsps Spicy Maple Syrup |
|  ¼ cup Panko Breadcrumbs |  1 bunch Thyme |  1 Tbsp Sherry Vinegar |
|  ½ lb Brussels Sprouts |  1 bunch Chives |  1 Tbsp Weeknight Hero Spice Blend ¹ |
|  ½ lb Diced Butternut Squash |  ¼ cup Roasted Walnuts | |
|  1 oz Balsamic-Marinated Cipolline Onions |  1 oz Salted Butter | |

1. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley



"Alexa, find Blue Apron recipes."

1 Prepare & roast the vegetables

- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Cut off and discard the stem ends of the **brussels sprouts**; halve lengthwise.
- Place the **squash** and **halved brussels sprouts** on a sheet pan. Drizzle with **1 tablespoon of olive oil** and season with salt, pepper, and **half the spice blend** (you will have extra). Toss to coat. Arrange in an even layer.
- Roast 21 to 23 minutes, or until lightly browned and tender when pierced with a fork. Remove from the oven.



2 Prepare the remaining ingredients

- Meanwhile, roughly chop the **walnuts**.
- Pick the **thyme** leaves off the stems; roughly chop the leaves.
- Thinly slice the **chives**.
- Roughly chop the **onions**.
- Core and medium dice the **pear**.
- In a large bowl, combine the **chopped onions, diced pear, spicy maple syrup, and vinegar**. Season with salt and pepper. Set aside to marinate, stirring occasionally, at least 10 minutes. Taste, then season with salt and pepper if desired.



3 Make the walnut-thyme breadcrumbs

- Meanwhile, in a medium pan (nonstick, if you have one), heat the **butter** on medium-high until melted.
- Add the **breadcrumbs** and **chopped walnuts**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until lightly browned.
- Turn off the heat; add the **chopped thyme leaves**. Stir to combine.
- Transfer to a bowl.
- Wipe out the pan.



4 Cook the scallops

- Pat the **scallops** dry with paper towels.
- Using your hands, remove and discard the tough side muscle from each scallop. Season with salt and pepper on both sides.
- In the same pan, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the seasoned scallops in an even layer. Cook 4 to 5 minutes, or until lightly browned. Flip and cook 1 to 2 minutes, or until lightly browned and cooked through.
- Turn off the heat.



5 Finish the vegetables & serve your dish

- Add the **roasted vegetables** to the bowl of **marinated pear and onions**. Toss to combine; taste, then season with salt and pepper if desired.
- Serve the **cooked scallops** with the **finished vegetables**. Top the scallops with the **walnut-thyme breadcrumbs**. Garnish with the **sliced chives**. Enjoy!



To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the Blue Apron app, then click on VIEW FULL NUTRITION. Food safety handling information: blog.blueapron.com/foodsafety

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).



Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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