

Seared Scallops

over Creamy Red Pepper & Spinach Fettuccine

WHY WE LOVE THIS DISH

Delicate sea scallops are the perfect accompaniment to ribbons of fettuccine tossed in a rich, silky sauce that stars roasted red peppers, Calabrian chile, briny capers, and a touch of cream.

TECHNIQUE TO HIGHLIGHT

Pasta water is full of starch, which we use to help bind our creamy sauce to the pasta. Adding your remaining cooking water a little at a time ensures that the pasta will be thoroughly coated and allows you to choose how saucy you'd like it to be.



PREMIUM

4 SERVINGS

🕒 35-45 MINS



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

Ingredients

-  20 oz Sea Scallops
-  3/4 lb Fettuccine Pasta
-  1 lb Broccoli
-  2 oz Sliced Roasted Red Peppers
-  5 oz Baby Spinach
-  2 cloves Garlic

-  1 bunch Parsley
-  2 Tbsps Capers
-  2 oz Salted Butter
-  1/2 cup Cream
-  1/4 cup Tomato Paste
-  1 Tbsp Calabrian Chile Paste

-  2 Tbsps Honey
-  2 Tbsps Roasted Pistachios
-  1 Tbsp Italian Seasoning¹
-  1/4 tsp Crushed Red Pepper Flakes

1. Whole Dried Basil, Sage, Oregano, Savory, Rosemary, Thyme & Marjoram



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients & make the hot honey

- Remove the **honey** from the refrigerator to bring to room temperature.
- Place an oven rack in the center of the oven; preheat to 450°F.
- Fill a large pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Cut off and discard the bottom $\frac{1}{2}$ inch of the **broccoli** stem; cut the broccoli into small florets.
- Peel and roughly chop **2 cloves of garlic**.
- Finely chop the **peppers**.
- Roughly chop the **pistachios**.
- Roughly chop the **parsley** leaves and stems.
- In a bowl, combine the **honey** (kneading the packet before opening), **1 teaspoon of warm water**, and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be.



2 Roast the broccoli

- Place the **broccoli florets** on a sheet pan. Drizzle with **olive oil** and season with salt and pepper. Toss to coat and arrange in an even layer.
- Roast 14 to 16 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven.



3 Cook the pasta

- Meanwhile, add the **pasta** to the pot of boiling water. Cook, stirring occasionally, 8 to 10 minutes, or until al dente (still slightly firm to the bite). Turn off the heat.
- Reserving **1 cup of the pasta cooking water**, drain thoroughly and return to the pot.



4 Make the sauce

- Meanwhile, in a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **chopped garlic**, **chopped peppers**, and **capers**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until the garlic is slightly softened.
- Add the **tomato paste** and **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring constantly, 1 to 2 minutes, or until thoroughly combined.
- Add the **cream** (carefully, as the liquid may splatter), **spinach**, and **$\frac{1}{2}$ cup of water**. Cook, stirring frequently, 1 to 2 minutes, or until combined and the spinach is wilted.
- Transfer to a bowl; taste, then season with salt and pepper if desired.
- Rinse and wipe out the pan.



5 Cook the scallops

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



6 Finish the pasta & serve your dish

- To the pot of **cooked pasta**, add the **cooked sauce**, **butter**, and **half the reserved pasta cooking water**. Cook on medium-high, stirring constantly, 1 to 2 minutes, or until combined and the pasta is coated (if necessary, gradually add the remaining cooking water to ensure the pasta is thoroughly coated).
- Turn off the heat. Taste, then season with salt and pepper if desired.
- Serve the **finished pasta** topped with the **cooked scallops**. Serve the **roasted broccoli** on the side. Top the broccoli with the **hot honey** and **chopped pistachios**. Garnish the pasta with the **chopped parsley**. 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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