



#3 Scallops & Shrimp:

Add a Protein Variety Pack to your Box!



under 20min



2 Servings

The only thing better than having extra proteins on hand is when those proteins are quick-cooking! Our sweet scallops and shrimp are exactly that! They can be on the table in minutes when you're in a dinnertime pinch, or easily prepared when you have guests. Add your favorite protein packs to your box to easily boost the servings or protein portion of any meal! No grocery store required!

What we send

- 10 oz pkg shrimp ²
- ½ lb pkg scallops ²

What you need

- Your choice!

Tools

- choose your own cooking adventure!

Allergens

Shellfish (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving



1. Sheet Pan Shrimp

Rinse shrimp, then pat very dry. (First thaw under cool running water, if necessary). Toss shrimp with your favorite spice combinations—we like, chili powder or taco seasoning for a Tex-Mex kick. Spread sliced bell peppers and onions on a rimmed baking sheet and broil for 6-8 minutes, or until tender and browned in spots. Add seasoned shrimp and return to broiler for 3-4 minutes, or until cooked!



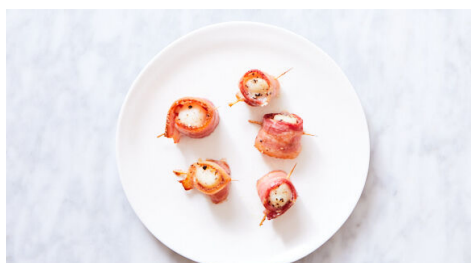
2. Shrimp Fried Rice

Fried rice is our favorite way to use leftover rice. Or cook a fresh batch, but spread the rice on a sheet pan to dry well before stir-frying. Start by stir-frying sliced carrots and snow peas until crisp-tender. Add the shrimp, season, and stir-fry until curled and cooked through. Add scrambled eggs and the rice, along with your favorite stir-fry sauce. Cook until combined. Season to taste.



3. Shrimp & Grits

A classic for a reason! Prepare your favorite grits according to package instructions. Keep it classic or add mix-ins like scallions, or grated cheddar or Parm. Simmer sliced andouille sausage, chopped tomatoes, chicken broth, Old Bay or Cajun seasoning, and chopped garlic. Once flavorful, add the shrimp, season to taste, and cook until tender and cooked through. Serve over grits.



4. Bacon & Scallops

Salty, cured pork pairs very well with sweet, tender scallops. Pat the scallops very dry, then season with salt and pepper. Wrap each individually in a slice of bacon, jamon, or prosciutto, securing with a toothpick. Place on a rimmed baking sheet. Place under the broiler to cook for 12-15 minutes, or until bacon is crisp and scallops are cooked, turning once. Serve as an appetizer or dinner!



5. Pan-Seared Scallops

Our favorite way to prepare scallops is to pan-sear. A golden-brown crust concentrates the inherent sweetness of the scallop for a burst of flavor in each bite. Pat scallops very dry. Season generously with salt and pepper. Heat neutral oil in a skillet over medium-high heat until shimmering. Add scallops and cook undisturbed for about 2 minutes on each side.



6. Make a Beurre Blanc

A velvety beurre blanc is delightful with perfectly seared scallops. To make a beurre blanc, start by combining equal amounts of dry white wine and white wine vinegar in a small saucepan or skillet. Add a finely chopped shallot. Boil over high heat until reduced to a syrup. Add cream and cook for about 1 minute. Gradually add butter over medium-low heat, whisking to combine as it melts.