



## 20-Min: Honey-Soy Scallops

with Broccolini & Toasted Sesame Seeds



ca. 20min



2 Servings

20-minute meals provide delicious instant gratification—and on nights when we want a lot of flavor that's ready in no time, sweet scallops are the way to go! The trick to fast-and-easy cooking is to start with flavor-packed ingredients. The scallops marinate in a tamari-garlic-honey mixture and cook in a matter of minutes with crisp broccolini and aromatic scallions. Ready-to-heat rice is the perfect side to soak up the sauce.



## What we send

- ½ lb scallops <sup>2</sup>
- garlic
- 1 oz tamari soy sauce <sup>6</sup>
- 1 oz honey
- ½ lb broccolini
- scallions
- 10 oz ready to heat jasmine rice
- ¼ oz pkt toasted sesame seeds <sup>11</sup>
- 2 pkts chili garlic sauce <sup>17</sup>

## What you need

- apple cider vinegar (or white wine vinegar)
- neutral oil
- kosher salt & ground pepper

## Tools

- microwave
- medium nonstick skillet

## Allergens

Shellfish (2), Soy (6), Sesame (11), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 520kcal, Fat 15g, Carbs 75g, Protein 25g



### 1. Prep scallops & marinade

Rinse **scallops** under cold water, then pat dry. Finely chop **1 teaspoon garlic**. In a small bowl, combine **all of the tamari and honey, half of the garlic, and 1 teaspoon each of vinegar and oil**. Add scallops to marinade and stir to coat.



### 4. Stir-fry broccolini

Heat **2 teaspoons oil** in a medium nonstick skillet over medium-high. Add **broccolini**; season with **salt and pepper**. Cook, stirring occasionally, until crisp-tender, about 3 minutes. Add **scallion pieces** and **remaining garlic**. Cook, stirring, until garlic is fragrant, about 30 seconds. Transfer broccolini mixture to a plate.



### 2. Prep veggies

Trim ends from **broccolini**, then cut into 1-inch pieces. Trim **scallions**, then cut about ¼ cup into 1-inch pieces.



### 5. Sear scallops

Heat **2 teaspoons oil** in same skillet over medium-high. Add **scallops and any marinade** and cook until marinade is slightly reduced, 1-2 minutes.



### 3. Heat rice

Transfer **rice** to a microwave-safe bowl. Cover and microwave on high until steaming, 1-2 minutes. (Alternatively, heat **1 teaspoon oil** in a small saucepan over medium. Add **rice** and **2 teaspoons water** to pot. Cook, stirring occasionally, until warm, 3-5 minutes.) Cover to keep warm until ready to serve.



### 6. Finish & serve

Add **broccolini and scallions** to skillet with **scallops**. Cook, stirring, until scallops are just cooked through and broccolini is warm, about 1 minute more. Season to taste with **salt and pepper**. Fluff **rice** with a fork and transfer to bowls. Top with **scallops, sauce, and broccolini**. Garnish with **sesame seeds** and a drizzle of **chili garlic sauce**, if desired. Enjoy!