



Brown Butter Scallops & Lemon-Caper Sauce

with Fennel Salad & Polenta



30min



2 Servings

Want to impress your taste buds tonight? Try this easy-to-make but super-fancy-feeling dinner. We're channeling French bistro flavors with quick-cooking scallops coated in a briny brown butter pan sauce. We serve this luxe seafood supper over creamy polenta alongside crisp, fresh fennel salad to cut the richness. It's a savory and well-balanced dinner that's easy to prepare any night of the week.

What we send

- 7 oz fennel
- 1 shallot
- 1 lemon
- ¼ oz fresh parsley
- 1 oz capers ¹²
- 3 oz quick-cooking polenta
- ½ lb scallops ²
- ¾ oz grated Parmesan ⁷

What you need

- olive oil
- sugar
- kosher salt & ground pepper
- butter ⁷

Tools

- microplane or grater
- medium saucepan
- medium nonstick skillet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Shellfish (2), Milk (7), Sulphur dioxide and sulphites (12). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 610kcal, Fat 39g, Carbs 47g, Proteins 26g



1. Prep ingredients

Halve **fennel** lengthwise, remove tough inner core, and thinly slice bulb crosswise, discarding tough end. Thinly slice **about ¼ cup shallot**. Finely grate **all of the lemon zest** into a medium bowl; separately squeeze **1 tablespoon lemon juice** into a small bowl. Cut any remaining lemon into wedges. Coarsely chop **parsley leaves and stems**. Pat **capers** dry.



4. Cook scallops

Meanwhile, rinse **scallops**, then pat very dry; season with **a pinch each of salt and pepper**. Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high until shimmering. Add scallops; cook, without stirring, until well browned underneath, 1–2 minutes. Stir scallops and cook until just opaque and cooked through, about 1 minute more. Transfer to a plate along with any pan juices.



2. Prep fennel salad

To the bowl with **lemon zest**, add **1 tablespoon oil**, **1 teaspoon of the lemon juice**, and **a pinch of sugar**; season to taste with **salt** and **pepper**. Add **fennel, sliced shallots** and **half of the parsley** to bowl with **dressing**; toss to combine. Set aside to marinate until ready to serve.



5. Make brown butter sauce

Add **2 tablespoons butter** to same skillet; cook over medium-high, swirling, until butter is melted, dark golden flecks appear, and it smells nutty, 2–4 minutes (watch closely). Remove skillet from heat, then stir in **capers, remaining lemon juice**, and **scallops with any resting juices** from plate.



3. Cook polenta

In a medium saucepan, bring **2¾ cups water** and **1 teaspoon salt** to a boil. Gradually whisk in **polenta**; return to a boil. Cover, reduce heat to low, and cook, whisking occasionally, until grains are tender and polenta is thickened, 8–10 minutes. Remove from heat and keep covered until ready to serve.



6. Finish polenta & serve

Add **Parmesan** to **polenta** along with **1 tablespoon butter**; stir until butter is melted (if too thick, add **1–2 tablespoons warm water** at a time, as needed). Serve **scallops** alongside **polenta** and **fennel salad** with **remaining parsley** sprinkled over. Enjoy!