















Seared Scallop, Lemon and Pea Oven-Baked Risotto with Leek and Pumpkin Seed & Rocket Salad

Premium Plus 45-50 Minutes • Mild Spice • 2 of your 5 a day

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-  Leek
-  Garlic Clove
-  Risotto Rice
-  Vegetable Stock Paste
-  Chives
-  Lemon
-  Scallops
-  Peas
-  Grated Hard Italian Style Cheese
-  Wild Rocket
-  Pumpkin Seeds
-  Chilli Flakes

Pantry Items
Oil, Salt, Pepper, Sugar, Olive Oil, Butter

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Kettle, garlic press, ovenproof pan, lid, fine grater, bowl, kitchen paper and frying pan.

Ingredients

Ingredients	2P	3P	4P
Leek**	1	1½	2
Garlic Clove**	4	6	8
Risotto Rice	175g	260g	350g
Vegetable Stock Paste	20g	30g	40g
Chives**	1 bunch	1½ bunches	2 bunches
Lemon**	1	1½	2
Scallops** 6)	200g	300g	400g
Peas**	120g	180g	240g
Grated Hard Italian Style Cheese** 7) 8)	40g	60g	80g
Wild Rocket**	40g	60g	80g
Pumpkin Seeds	15g	30g	30g
Chilli Flakes	1 pinch	1 pinch	2 pinches
Pantry	2P	3P	4P
Boiled Water for the Risotto*	600ml	900ml	1200ml
Sugar for the Dressing*	½ tsp	¾ tsp	1 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Butter*	40g	60g	80g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	795g	100g
Energy (kJ/kcal)	3543 /847	446 /106
Fat (g)	32.5	4.1
Sat. Fat (g)	15.8	2.0
Carbohydrate (g)	94.7	11.9
Sugars (g)	11.4	1.4
Protein (g)	45.9	5.8
Salt (g)	3.54	0.44

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

6) Molluscs 7) Milk 8) Egg

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

 You can recycle me!

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1 Fry the Leek

Preheat your oven to 220°C/200°C fan/gas mark 7.
Boil a full kettle.

Trim the root and dark green leafy part from the **leek** and discard. Halve lengthways, then thinly slice. Peel and grate the **garlic** (or use a garlic press).

Heat a drizzle of **oil** in a large, wide-bottomed ovenproof pan on medium heat. **TIP: If you don't have an ovenproof pan, use a normal pan and transfer to an ovenproof dish before baking.**

Once hot, add the **leek** and season with **salt** and **pepper**. Fry, stirring occasionally, until softened, 4-6 mins.

If you prefer hob cooking your risotto, skip the oven and just use a normal pan.



4 Fry the Scallops

When the **risotto** has 10 mins left, drain the **scallops**. Pat dry with kitchen paper, then season with **salt** and **pepper**.

Heat a drizzle of **oil** in a large frying pan on medium-high heat. When hot, add the **scallops** and cook until golden and piping hot, 3 mins on both sides.

IMPORTANT: Wash your hands and equipment after handling raw shellfish. The scallops are cooked when opaque in the middle.

When the **scallops** have 1 min left, add **half** the **butter** (see pantry for amount). Stir well to combine.



2 Bake your Risotto

Add the **garlic** to the **leek** pan. Stir-fry for 30 secs.

Add the **risotto rice**, stir and cook until the edges of the **rice** are translucent, 1-2 mins.

Stir in the **vegetable stock paste** and **boiled water for the risotto** (see pantry for amount). Bring back up to the boil, then pop a lid on the pan (or cover with foil).

Bake on the middle shelf of your oven until the **rice** is cooked and the **water** has been absorbed, 25-30 mins.

For hob cooking, pour in 2p: 800ml, 3p: 1200ml, 4p: 1600ml of boiled water a third at a time, stirring each time until the stock has been absorbed, 20-25 mins.

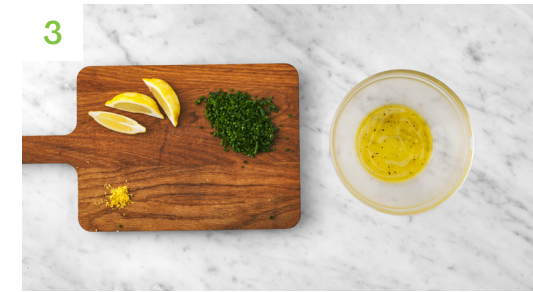


5 Finishing Touches

When the **risotto** is cooked, remove it from the oven and stir through the **peas**, **lemon zest**, **half** the **hard Italian style cheese** and the remaining **butter**.

Taste and season with **salt**, **pepper** and more **lemon juice** if needed. **TIP: Add a splash of water to loosen the risotto if needed.**

Add the **rocket** and **pumpkin seeds** to the bowl of **dressing**. Toss to coat the **leaves**.



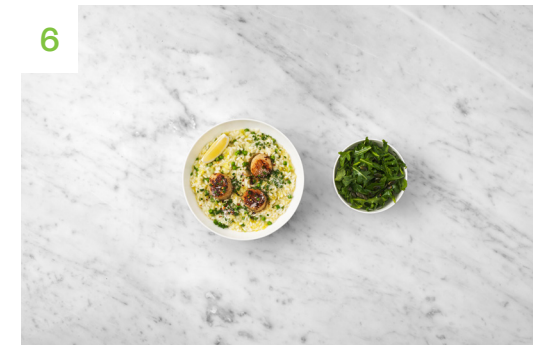
3 Let's Get Dressed

Meanwhile, finely chop the **chives** (use scissors if easier).

Zest and halve the **lemon**.

In a large bowl, combine **half** the **lemon juice** with the **sugar** and **olive oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper**. Set aside.

Slice the remaining **lemon** into wedges.



6 Serve Up

Share the **risotto** between bowls and top with the **scallops**, spooning over the **melted butter** from the frying pan.

Sprinkle with the remaining **cheese** along with the **chives** and **chilli flakes**.

Serve with the **rocket salad** and any remaining **lemon wedges** on the side.

Enjoy!