scallops with vanilla-almond cream sauce

30 minutes



APRON'S ADVICE

Complete your meal with a fresh salad blend, crusty baguette, and a fresh fruit tart for dessert. Make sure the pan is very hot, and the scallops very dry, to ensure the best, crisp sear on this delicate seafood.

SHOPPING LIST

Dairy

1 1/2 cups heavy whipping cream

Dry Grocery

2 cups farfalle (or other medium) pasta 3/4 cup sliced almonds 1 vanilla bean 1 cup white wine

Produce

1-oz bag fresh chives 2 shallots

Seafood

12 oz sea scallops

From Your Pantry

2 tbsp butter cooking spray 1/4 tsp kosher salt



FOR MORE RECIPES, VISIT publix.com/aprons

COOKING SEQUENCE

- Bring water to boil for pasta; complete prep 5 minutes
- Complete scallop recipe; serve 25 minutes

scallops with vanilla-almond cream sauce

INGREDIENTS

2 tablespoons shallots, finely chopped 1 tablespoon fresh chives, finely chopped

12 oz sea scallops, thawed

1/4 teaspoon kosher salt

1/8 teaspoon pepper

cooking spray

PREP

- Bring water to boil on high for pasta.
- Chop shallots and chives.

2 cups farfalle (or other medium) pasta

2 tablespoons butter

1 cup white wine

1 vanilla bean

1 1/2 cups heavy whipping cream

3/4 cup sliced almonds

STEPS

- 1. Preheat large sauté pan on medium-high 2-3 minutes. Pat scallops dry; season with salt and pepper and coat with cooking spray. Place scallops in pan (wash hands); cook 1-2 minutes on each side or until golden. Remove scallops from pan; cover to keep warm.
- 2. Reduce heat to medium. Add butter and shallots to pan; cook 1-2 minutes or until shallots are tender. Stir in wine; cook 3-5 minutes or until wine is mostly evaporated. Cook pasta following package instructions.
- 3. Split vanilla bean and scrape out the seeds; stir seeds, along with the pod, into shallots. Stir in cream and almonds; cook 4-5 minutes or until liquid has reduced by about one-half. Drain pasta.
- 4. Remove vanilla bean pod. Stir pasta and scallops into sauce. Sprinkle with chives and

CALORIES (per 1/4 recipe) 820kcal; FAT 50g; CHOL 205mg; SODIUM 420mg; CARB 45g; FIBER 4g; PROTEIN 39g; VIT A 35%; VIT C 4%; CALC 15%; IRON 25%

© 2011 Publix Super Markets Inc.