



Nourish Bowls® Monterey Risotto with Pan-Seared Scallops

Servings

2

Calories

310

Prep Time

5 minutes

Total Time

20 minutes

Skill Level

Easy

Ingredients

1 (8.75 ounce) Mann™ Nourish Bowls® Monterey Risotto

6 dry sea scallops

Salt and freshly ground black pepper, to taste

1 tablespoon unsalted butter

1 tablespoon olive oil



The Method

Prepare Mann™ Nourish Bowls® Monterey Risotto according to package directions. Leave covered until ready to serve.

While the Mann™ Nourish Bowls® Monterey Risotto is cooking, rinse scallops with cold water and dry thoroughly. Season both sides of each scallop with salt and pepper, to taste.

Add the butter and oil to a 12-inch sauté pan on high heat. Once the fat begins to smoke, gently add the scallops, making sure they are not touching each other. Sear the scallops for 1½ minutes on each side.

The scallops should have a golden crust on each side while still being translucent in the center.

Stir the contents of the cooked Mann™ Nourish Bowls® Monterey Risotto together and divide them evenly onto 2 dinner plates. Add 3 scallops on top and serve immediately.

Nutrition Facts

Serving Size 183g | Servings: 4

Amount Per Serving

Calories 310 | Total Fat 23g (sat fat 7g trans 0g) | Cholesterol 35mg | Sodium 440mg | Total Carbohydrate 19g | Dietary Fiber 3g | Sugars 2g (Includes 0g Added Sugars) | Protein 9g | Vitamin D 0% | Calcium 4% | Iron 6% | Potassium 8%