

Asparagus Risotto with Shrimp and Scallops (Trader Joe's Collab Recipe)

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Serves 3

Blue – 8 points

Purple – 8 points

Green – 8 points + points for the amount of shrimp and scallops you use for your portion

- 1 bag Trader Joe's Asparagus Risotto (frozen food section)
- 1 pound sea scallops
- salt, pepper, garlic powder to taste
- 12 oz cooked, peeled shrimp
- 1 pound asparagus, cleaned and woody end snapped off
- 2 Tbsp light butter

1. This recipe can be made very quickly if you do all the steps at the same time! I have linked the video, it may be easier to watch -it was hard writing out the directions!

2. First, make the risotto following the package instructions. In the video, I used two bags of the risotto mix, not just one, because my guys eat more than 1 cup of it (athletes!). When the risotto is done, add in the shrimp to heat through.
3. While the risotto is cooking, start steaming (or roasting, or microwaving...your choice!) your asparagus, and cook to your liking.
4. Next, start the scallops. Make sure you pat them dry! We want a nice sear on them, we don't want them "steamed".
5. Season the scallops with salt, pepper and garlic powder.
6. Melt 1 tablespoon of light butter in a skillet. I do them in two batches so they cook nicer.
7. Put scallops, seasoned side down in hot butter. Season the side that is now face up. Let cook for 2-3 minutes. Turn over and let cook another 2 minutes until just opaque. Keep warm while doing the next batch. Use the second tablespoon of butter for the second batch.
8. Once everything is done, it's time to assemble the plates.
9. Put 1 cup of the risotto on a plate. I avoided the shrimp in the measuring of the rice. I picked out the shrimp and placed them on top of the rice. Then lay your asparagus on top of the rice, then divide the scallops and nestle them down in the rice. Optional: finely grate some fresh Parmesan cheese over the top.