

Spinach Fava Risotto & Seared Scallops



Recipe by Chef Anna Vocino
Serves 2-3

Ingredients

1 1/2 pounds fava bean pods (or sub 1/2 cup peas or chopped asparagus)

2 tablespoons olive oil

2 leeks, white and pale green parts only, chopped

2 cups bagged cauliflower "rice" (or 1 head of cauliflower grated on a box grater to make "rice")

Salt and pepper (or use Salt Dust)

2 tablespoons white wine vinegar

1/3 cup chicken broth

10 large sea scallops, patted dry

2 cups chopped spinach

7-8 basil leaves, chopped

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Instructions

1. Prepare the fava beans: pop the beans out of the pods, blanch the beans for 2 minutes in boiling water, then let them cool 10-15 minutes. Remove the beans from their waxy shells, discarding the waxy shells. Set aside the fava beans.
2. In a large, flat-bottomed sauté pan, heat the olive oil to medium high heat until shimmering.
3. Cook the leeks 1-2 minutes, until soft, being careful not to burn them.
4. Add the cauliflower rice and toss with the leeks. Season well with salt and pepper (or use the Salt Dust). Let the cauliflower cook 7-8 minutes, stirring occasionally, until the cauliflower is soft and starting to sear.
5. Add in the white wine vinegar and stir it while it sizzles.
6. Stir in the chicken broth 1-2 minutes.
7. Season again with salt and pepper (or Salt Dust).
8. Season the scallops with salt and pepper and set aside.
9. Add the spinach and chopped basil leaves to the cauliflower rice and toss until wilted.
10. Season once more with salt and pepper and push the cauliflower rice to the edge of the pan.
11. Pat the scallops dry once more, then sear them in the pan, 1-2 minutes per side.
12. Plate the cauliflower rice and scallops, dividing the fava beans evenly over each serving.

Pair with 2024 PMV Grenache Blanc