

# Scallops and Roasted Broccoli with Lemon Parmesan Risotto

*I love the lemon with the seared scallops and roasted broccoli and the Stephen and Walker Sauvignon Blanc was so bright and citrusy it really went beautifully with this dish.*

Serves 2

1 Lemon  
1/2 pound Scallops, muscle removed  
Ground Black Pepper  
6 ounces Broccoli Florets  
3 teaspoons Olive Oil, separated  
Salt and Pepper  
1 tablespoon Seasoned Salt  
2 teaspoons Vegetable Base  
3/4 cup Arborio Rice  
1/3 cup Grated Parmesan Cheese  
1 heaping tablespoon Butter  
2 tablespoons Sour Cream

Preheat oven to 425 degrees F

1. Halve lemon and cut one half into 4 wedges and juice the other half.
2. Pat scallops dry and season both sides with a pinch of pepper.
3. Line baking sheet with tin foil and spray with cooking spray. Cut broccoli into bite-sized pieces, place on prepared baking sheet, toss with 1 teaspoon of olive oil and salt and pepper to taste. Massage oil into broccoli and spread in single layer.
4. Bring 4 cups of water to boil in a medium pot.
5. Place medium pot over medium heat and add 1 teaspoon of olive oil. Add rice to hot pot and stir occasionally until toasted and opaque, 1-2 minutes.
6. Add 1 cup of boiling water from the other pot, seasoned salt and vegetable base to rice. Cook over medium heat and stir often until nearly all water is absorbed. Add 1/2 cup boiling water from the other pot and stir often again until nearly all water is absorbed. Repeat this process, stirring often, 18-20 minutes. When getting close to 18 minutes, taste the risotto, checking for tenderness. When rice has no more "bite" or crunch, it is done. There may be water left.



7. While risotto is cooking put broccoli in preheated oven and roast until browned and fork-tender, 14-16 minutes.
8. When risotto is done, remove from burner. Add 2 teaspoons of previously squeezed lemon juice, parmesan cheese, butter, sour cream and 1/4 teaspoons fo salt. Stir until butter is melted and risotto is creamy. Cover and set aside.
9. Place a medium non-stick pan over medium-high heat and add 1 tsp. olive oil.
10. Working in batches if necessary, add scallops to hot pan and cook until scallops reach a minimum internal temperature of 145 degrees, 1-2 minutes per side. Remove from burner.
11. Plate dish by putting risotto down first and topping with scallops and broccoli and garnish with lemon wedges.

