



Mushroom Risotto with Truffled Sea Scallops and Filet of Beef

GF
option

INGREDIENTS

2 cups sugar snap peas, divided
 2 (5-oz. each) pkgs. dried chanterelle mushrooms
 7 cups water
 ¾ cup Hy-Vee salted butter, divided
 2 tbsp Gustare Vita olive oil
 3 cups fresh shiitake mushrooms, stems removed and halved
 2 shallots, finely sliced
 1 ¼ tsp kosher salt, divided
 1 ½ tsp Hy-Vee coarse-ground black pepper, divided
 1 ½ cups Arborio rice, dry
 1 cup dry white wine
 2 (4-oz. each) Hy-Vee Choice Reserve beef tenderloin filet mignon steaks
 6 fresh thyme sprigs, divided; plus additional for garnish
 12 Hy-Vee Fish Market sea scallops
 2 tsp white truffle oil, optional

PREPARATION

- 1** Shell 1 cup sugar snap peas and split open remaining 1 cup; set each aside separately.
- 2** Combine chanterelle mushrooms and water in a medium saucepan. Bring to boil; reduce heat. Cover and simmer over low heat for 10 minutes.
- 3** For risotto, melt ¼ cup butter with olive oil in a medium Dutch oven over medium heat. Add shiitake mushrooms, shallots, ½ teaspoon salt, ½ teaspoon pepper. Cook for 3 to 5 minutes or until softened, stirring occasionally. Add rice. Cook and stir for 3 to 5 minutes or until golden brown. Remove from heat; add wine. Return to heat and cook until wine evaporates.
- 4** Stir ½ cup hot mushroom broth with chanterelle mushrooms into rice mixture. Cook over medium heat until liquid is absorbed, stirring frequently. Continue adding broth, ½ cup at a time, and stirring frequently until the broth is absorbed. Stir in ¼ cup butter and shelled peas. Cover and set aside.
- 5** Pat steaks dry with paper towels; sprinkle both sides with ½ teaspoon salt and ½ teaspoon pepper. Heat 1 tablespoon butter and 3 thyme sprigs in a large heavy skillet over medium-high heat. Add steaks and cook for 5 to 6 minutes or until steaks reach 135° for medium-rare doneness, turning halfway through. Transfer steaks to a cutting board; loosely cover with foil and set aside.
- 6** Carefully wipe out skillet with paper towels. Add 1 tablespoon butter and heat over medium heat. Add split sugar snap peas and cook for 2 minutes. remove from skillet; set aside.
- 7** Pat scallops dry with paper towels; sprinkle with remaining ¼ teaspoon salt and remaining ¼ teaspoon pepper. Heat remaining 2 tablespoons butter and remaining 3 thyme sprigs in same skillet over medium-high heat. Add scallops; cook for 4 to 5 minutes or until scallops are opaque (145°), turning halfway through.
- 8** To serve, slice beef. Divide risotto among 4 serving plates. Top with sea scallops, beef, and split sugar snap peas. Garnish with additional fresh thyme; drizzle with truffle oil, if desired.

NUTRITION FACTS

Calories: 900
 Total Fat: 53g
 Saturated Fat: 27g
 Trans Fat: 1.5g
 Cholesterol: 130mg

Sodium: 940mg
 Carbohydrates: 75g
 Fiber: 6g
 Sugar: 4g
 Protein: 23g