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Southwestern Stuffed Zucchini

with Sweet Corn, Mozzarella, and Cilantro

Rice, beans, and sweet corn are sautéed with onion, chilies, and a touch of cilantro. The combo makes for a delicious filling inside roasted zucchini. It's even better draped with a gooey layer of melted cheese!



35 min



level 1



veggie



nut free



gluten free



Basmati Rice



Zucchini



Corn



Tomato



Yellow Onion



Cilantro



Black Beans



Monterey Jack Cheese




Vegetable Stock Concentrate



Chili Flakes

Ingredients

	2 People	4 People
Basmati Rice	¾ C	1½ C
Zucchini	2	4
Corn	1 ear	2 ears
Tomato	1	2
Yellow Onion	1	2
Cilantro	¼ oz	½ oz
Black Beans	1 box	2 boxes
Monterey Jack Cheese	1) ½ C	1 C
Vegetable Stock Concentrate	1	2
Chili Flakes 	1 t	1 t
Olive Oil*	2 t	4 t

*Not Included

Allergens

1) Milk

Tools

Strainer, Baking Sheet, Small Pot, Large Pan

Nutrition per person Calories: 708 cal | Fat: 16g | Sat. Fat: 6g | Protein: 33g | Carbs: 105g | Sugar: 13g | Sodium: 536mg | Fiber: 25g

Ruler

0 in ¼ in ½ in ¾ in 1 in

1



1 Prep the ingredients: Wash and dry all produce. Preheat the oven to 400 degrees. Halve, peel, and finely dice the **onion**. Core, seed, and dice the **tomato**. Cut the **corn kernels** off the cob. Finely chop the **cilantro**. Drain and rinse the **beans**.

2



2 Roast the zucchini halves: Halve the **zucchini** lengthwise. With a spoon, scoop out and discard the seedy centers. Drizzle the halves with **1 teaspoon olive oil** and season with **salt** and **pepper**. Place the zucchini cut-side down, on a baking sheet and bake for 20-25 minutes, until softened.

4



3 Cook the rice: In a small pot, bring **1½ cups water** and the **stock concentrate** to a boil. Once boiling, add the **rice**, cover, and reduce to a low simmer for 15-20 minutes, until tender.

4 Sauté the vegetables: Heat a drizzle of **oil** in a large pan over medium heat. Add the **onion** to the pan and cook, tossing for 4-5 minutes, until softened. Add the **tomato, corn, beans**, and as many **chili flakes** as you like to the pan and cook, tossing for 2-3 more minutes. Season with **salt** and **pepper**.

6



5 Assemble the filling: When the **rice** is done, toss it into the pan with the **vegetable mixture**. Stir in half the **cilantro**. Season to taste with **salt** and **pepper**.

6 Stuff the zucchini: Stuff the **zucchini halves** with as much **filling** as will fit. Sprinkle with the **Monterey Jack cheese** and return to the oven for about 5 minutes, until melted. Serve the **Southwestern stuffed zucchini** on a bed of the remaining filling, sprinkled with **cilantro**. Enjoy!