



# SOUTHWEST STUFFED ZUCCHINI BOATS

with Pico de Gallo, Avocado Crema & Cilantro

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Onion



2 | 4  
Zucchini



¾ Cup | 1½ Cups  
Jasmine Rice



1 TBSP | 2 TBSP  
Southwest Spice Blend



1 | 2  
Veggie Stock Concentrate



1 | 2  
Tomato



¼ oz | ½ oz  
Cilantro



1 | 1  
Lime



4 TBSP | 8 TBSP  
Guacamole



3 TBSP | 6 TBSP  
Sour Cream  
Contains: Milk



½ Cup | 1 Cup  
Pepper Jack Cheese  
Contains: Milk



1 tsp | 2 tsp  
Hot Sauce



ANY ISSUES WITH YOUR ORDER?  
WE'D BE SIMMERING LIKE STEW OVER  
THERE TOO. SCAN HERE TO GET HELP!

\*In our ongoing effort toward sustainability, we're working on reducing plastic in your order! You may have received 4 servings of protein in one package—rest assured it contains the correct amount.



## HelloCustom

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



10 oz | 20 oz  
Diced Chicken Thighs  
Calories: 850



10 oz | 20 oz  
Ground Beef\*\*  
Calories: 1040



PREP: 5 MIN | COOK: 35 MIN | CALORIES: 660



HELLO





## ZUCCHINI BOATS

Delicious edible vessels stuffed to the gills

### HOT TAKE

Take care when working with your hot-from-the-oven zucchini. We recommend using tongs to hold them while stuffing.

### BUST OUT

- Zester
- Large pan  
- Medium pot
- 2 Small bowls
- Baking sheet
- Kosher salt
- Black pepper
- Olive oil (3 tsp | 5 tsp)
- Cooking oil (1 tsp | 1 tsp)  

### MORE IS MORE

If you ordered 6 servings, simply triple the amounts in the 2-person recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

### GET SOCIAL

Share your [#HelloFreshPics](#) with us [@HelloFresh](#)

(646) 846-3663 | [HelloFresh.com](#)



### 1 PREP

- Adjust rack to top position and preheat oven to 450 degrees. **Wash and dry produce.**
- Halve, peel, and finely dice **onion**. Trim and halve **zucchini** lengthwise; scoop out and discard seeds with a spoon. Dice **tomato**. Roughly chop **cilantro**. Zest and halve **lime**.



### 4 MAKE PICO & CREMA

- In a small bowl, combine **tomato**, **half the cilantro**, a **squeeze of lime juice** to taste, and as much **remaining onion** as you like. Season with **salt** and **pepper**.
- In a separate small bowl, combine **guacamole**, **lime zest**, **half the sour cream** (save the rest for serving), and **lime juice** to taste. Season with **salt** and **pepper**. Add **water** 1 tsp at a time until mixture reaches a drizzling consistency.



### 2 COOK RICE

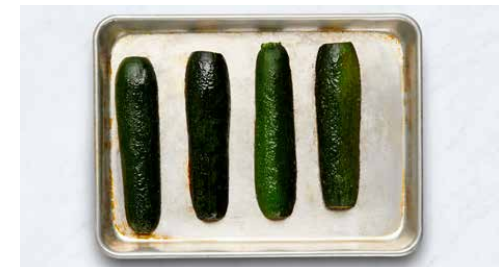
- Heat a **drizzle of olive oil** in a medium pot over medium-high heat. Add **¾ of the onion**; season with **salt** and **pepper**. Cook, stirring, until softened, 4-5 minutes.
- Add **rice** and **Southwest Spice Blend**; stir to coat.
- Stir in **stock concentrate**, **1½ cups water** (2¼ cups for 4 servings), and a **big pinch of salt**. Bring to a boil; cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to use in step 5.





### 5 STUFF & BROIL ZUCCHINI

- Once **zucchini** is tender, remove sheet from oven. Heat broiler to high.
- Fluff **rice** with a fork and season with **salt** and **pepper**. **TIP: For extra richness, stir in 1 TBSP butter** (2 TBSP for 4 servings).
- Carefully flip zucchini and stuff with as much rice as will fit (there'll be plenty left over; save for serving). Evenly top with **pepper jack**.
- Broil until cheese is melted and lightly browned, 2-3 minutes. **TIP: Watch carefully to avoid burning.**

-  Stir **chicken** or **beef** into **rice** before stuffing **zucchini**.
- 




### 3 ROAST ZUCCHINI


- While rice cooks, rub **zucchini halves** all over with a **large drizzle of olive oil** (two large drizzles for 4 servings); season with **salt** and **pepper**. Arrange, cut sides down, on a baking sheet.
- Roast on top rack until browned and tender, 15-20 minutes.
-  Open package of **chicken\*** and drain off any excess liquid. Heat a **drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Add chicken or **beef\*** and season with **salt** and **pepper**. Cook, stirring frequently, until cooked through, 4-6 minutes.
- 



### 6 SERVE

- Divide **remaining rice** between plates and top with **stuffed zucchini**.
- Top with **avocado crema**, **pico de gallo**, **remaining cilantro**, and **remaining sour cream**. Drizzle with **hot sauce** if desired and serve.

 \*Chicken is fully cooked when internal temperature reaches 165°.

 \*Ground Beef is fully cooked when internal temperature reaches 160°.