



INGREDIENTS

2 PERSON | 4 PERSON



2 | 4
Zucchini



1 TBSP | 2 TBSP
Italian Seasoning



1 Clove | 2 Cloves
Garlic



2 | 4
Roma Tomatoes



¾ Cup | 1½ Cups
Israeli Couscous
Contains: Wheat



1 | 2
Veggie Stock
Concentrate



¼ Cup | ½ Cup
Parmesan Cheese
Contains: Milk



5 tsp | 10 tsp
Balsamic Glaze



1 tsp | 1 tsp
Chili Flakes



½ Cup | 1 Cup
Mozzarella Cheese
Contains: Milk

HELLO

ZUCCHINI BOATS

The hollowed-out veg makes a delicious vessel for chewy couscous, melty mozz, and a savory-sweet bruschetta topping.

BRUSCHETTA ZUCCHINI BOATS

with Couscous & Melty Mozz



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 640



THAT'S THE STUFF

Take care when working with your zucchini straight out of the oven in step 5. We recommend using tongs to flip and hold the veggie boats in place as you add your filling.

BUST OUT

- Baking sheet
- Medium pot
- Medium bowl
- Paper towels
- Kosher salt
- Black pepper
- Olive oil (7 tsp | 11 tsp)

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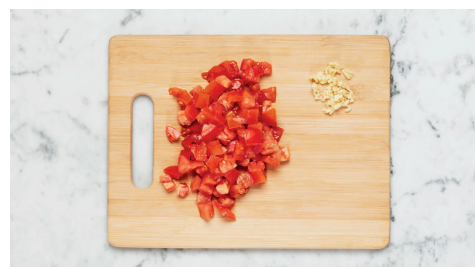
1 ROAST ZUCCHINI

- Adjust rack to top position and preheat oven to 450 degrees. **Wash and dry all produce.**
- Trim and halve **zucchini**; scoop out seeds with a spoon and discard. Rub each half all over with a **drizzle of olive oil**; season with **half the Italian Seasoning** (you'll use the rest later), **salt**, and **pepper**. Arrange cut sides down on a baking sheet.
- Roast on top rack until browned and tender, 15-20 minutes.



4 MAKE BRUSCHETTA

- While couscous cooks, in a medium bowl, combine **half the Parmesan** (save the rest for serving), **remaining tomatoes**, a **large drizzle of olive oil**, and **balsamic glaze** to taste (save a bit for serving if desired). Season with **salt**, **pepper**, and a **pinch of chili flakes** to taste.



2 PREP

- While zucchini roasts, peel and mince or grate **garlic**. Finely dice **tomatoes**.



5 STUFF ZUCCHINI

- Season **couscous** with **salt** and **pepper**.
- Remove **zucchini** from oven and heat broiler to high. Flip zucchini; blot out any excess liquid with paper towels. Stuff zucchini with as much couscous as will fit (save the rest for serving). Sprinkle with **mozzarella**.
- Broil until cheese is melted and lightly browned, 2-3 minutes. **TIP: Watch carefully to avoid burning.**



3 COOK COUSCOUS

- Heat a **drizzle of olive oil** in a medium pot over medium-high heat. Add **couscous**, **garlic**, **half the tomatoes**, and **remaining Italian Seasoning**. Cook, stirring, until fragrant, 1-2 minutes.
- Add **stock concentrate**, **¾ cup water** (**1½ cups for 4 servings**), and a **big pinch of salt**. Bring to a simmer, then cover and reduce heat to low. Cook until couscous is tender, 6-8 minutes.
- Turn off heat. Drain any excess liquid from pot if necessary.



6 SERVE

- Divide **remaining couscous** between plates and top with **stuffed zucchini**. Top with **bruschetta** and drizzle with any **remaining balsamic glaze** to taste. Garnish with **remaining Parmesan**. Sprinkle with a **pinch of chili flakes** if desired and serve.