

SOUTHWEST STUFFED ZUCCHINI BOATS

with Pico de Gallo, Avocado Crema & Cilantro



HELLO -

ZUCCHINI BOATS

Delicious edible vessels stuffed with seasoned rice and topped with ooey gooey pepper jack



TOTAL: 35 MIN CALORIES: 670



Red Onion

Zucchini



Southwest

Spice Blend

Jasmine Rice

Veggie Stock

Concentrate

Roma Tomato



Cilantro



Guacamole



Pepper Jack Cheese (Contains: Milk)





Hot Sauce

5.8 SOUTHWEST STUFFED ZUCCHINI BOATS_NJ.indd 1

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START STRONG

Take care when working with your straight-outta-the-oven zucchini in step 5. If it's too hot to handle, we recommend using tongs to flip and hold the veggie boats in place as you stuff them with filling.

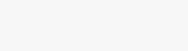
BUST OUT

- Medium pot
- Kosher salt
- Baking sheet
- Black pepper
- Zester
- 2 Small bowls
- Olive oil (2 tsp | 2 tsp)
- Butter (1 TBSP | 2 TBSP) (Contains: Milk)

INGREDIENTS

Ingredient 2-person | 4-person

- Red Onion 1 2
- Zucchini 2 4
- Jasmine Rice
 ³/₄ Cup | 1½ Cups
- Southwest Spice Blend 1 TBSP | 2 TBSP
- Veggie Stock Concentrate
 1 2
- Roma Tomato
- Lime 1|2
- Cilantro 1/4 oz | 1/2 oz
- Guacamole 4 TBSP | 8 TBSP
- Sour Cream 4 TBSP | 8 TBSP
- Pepper Jack Cheese 4 ½ Cup | 1 Cup
- Hot Sauce 1tsp | 2 tsp







Adjust rack to top position and preheat oven to 450 degrees. Wash and dry all produce. Halve, peel, and finely dice onion. Trim and halve zucchini lengthwise; scoop out and discard seeds with a spoon.



MAKE PICO DE GALLO & CREMA

Meanwhile, dice **tomato**. Zest and halve **lime**. Roughly chop **cilantro**. 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**, and half the **sour cream** (you'll use the rest later). Squeeze in lime juice to taste. Season with **salt** and **pepper**. Add **water** 1 tsp at a time until mixture reaches a drizzling consistency.

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2 COOK RICE
Heat 1 TBSP butter (2 TBSP for 4)
and 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.
Stir in rice and Southwest Spice to coat.
Add 1¼ cups water (2¼ cups for 4), stock
concentrate, and a big pinch of salt.
Bring to a boil; cover and reduce to a low
simmer. Cook until tender, 15-18 minutes.
Keep covered off heat.



Once zucchini is tender, remove baking sheet from oven. Heat broiler to high. Fluff rice with a fork and season with salt and pepper. Flip over zucchini and stuff with as much rice as will fit (there will be plenty left over). Evenly top with pepper jack. Broil on top rack until cheese is melted and lightly browned, 2-3 minutes.



ROAST ZUCCHINI
While rice cooks, place zucchini
on a baking sheet. Rub all over with a
drizzle of olive oil. Season with salt and
pepper, then arrange cut sides down.
Roast on top rack until browned and
tender, 15-20 minutes.



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

ALL YOU AVO WANT-

Try mixing up the avocado crema next time to drizzle over grain bowls, tacos, or even fries!

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