



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

PREP: 5 MIN

TOTAL: 35 MIN

CALORIES: 670



Red Onion



Jasmine Rice



Veggie Stock Concentrate



Lime



Guacamole



Pepper Jack Cheese
(Contains: Milk)



Zucchini



Southwest Spice Blend



Roma Tomato



Cilantro



Sour Cream
(Contains: Milk)



Hot Sauce

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

INGREDIENTS

Ingredient **2-person** | **4-person**

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



1 PREP 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.



4 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 $\frac{3}{4}$ of **the onion**; season with **salt** and **pepper**. Cook, stirring, until softened, 4-5 minutes. Stir in **rice** and **Southwest Spice** to coat. Add **1 $\frac{1}{4}$ cups water** (2 $\frac{1}{4}$ 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.



5 STUFF & BROIL ZUCCHINI 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.



3 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.



6 SERVE Divide 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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