



# SOUTHWEST STUFFED ZUCCHINI BOATS

with Pico de Gallo, Avocado Crema & Cilantro

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Yellow Onion



2 | 4  
Zucchini



¾ Cup | 1½ Cups  
Jasmine Rice



1 TBSP | 2 TBSP  
Southwest Spice Blend



1 | 2  
Veggie Stock Concentrate



1 | 2  
Roma Tomato



¼ oz | ½ oz  
Cilantro



1 | 1  
Lime



4 TBSP | 8 TBSP  
Guacamole



4 TBSP | 8 TBSP  
Sour Cream  
Contains: Milk



½ Cup | 1 Cup  
Pepper Jack Cheese  
Contains: Milk



1 tsp | 2 tsp  
Hot Sauce

## HELLO

### ZUCCHINI BOATS

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



PREP: 5 MIN | COOK: 35 MIN | CALORIES: 640





# HELLO FRESH

## HOT TAKE

Take care when working with your straight-outta-the-oven zucchini in step 5. 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
- Kosher salt
- Black pepper
- Olive oil (2 tsp | 2 tsp)

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## 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 seeds with a spoon and discard.



## 4 MAKE PICO & CREMA

- Meanwhile, dice **tomato**. Roughly chop **cilantro**. Zest and halve **lime**.
- 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** (save the rest for serving). Squeeze in 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**; stir to coat.
- Stir in **stock concentrate**, **1¼ cups water** (**2¼ cups for 4**), 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 until ready to use in step 5.



## 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**. **TIP: Stir in 1 TBSP butter (2 TBSP for 4 servings) for extra richness.**
- Flip over zucchini and stuff with as much rice as will fit (there will be plenty left over). Evenly top with **pepper jack**.
- Broil until cheese is melted and lightly browned, 2-3 minutes. **TIP: Watch carefully to avoid burning.**



## 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.

WK 17-20