



SOUTHWEST STUFFED ZUCCHINI BOATS

with Pico de Gallo, Avocado Crema & Cilantro

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Yellow Onion



2 | 4
Zucchini



½ Cup | 1 Cup
Jasmine Rice



1 TBSP | 2 TBSP
Southwest Spice Blend



1 | 2
Veggie Stock Concentrate



1 | 2
Roma Tomato



¼ oz | ¼ oz
Cilantro



1 | 1
Lemon



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



HelloCustom

2 PERSON | 4 PERSON

If you chose to add a protein or veggie when placing your order, follow the [HelloCustom](#) instructions on the flip side of this card to learn how to modify your meal.



6 oz | 12 oz
Ground Plant-Based Protein
Contains: Soy, Tree Nuts, Wheat

Calories: 790



PREP: 5 MIN | COOK: 35 MIN | CALORIES: 560



HELLO FRESH

HELLO

ZUCCHINI BOATS

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

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)
- Large pan
- Olive oil (2 tsp | 2 tsp)

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*Ground Plant-Based Protein is fully cooked when internal temperature reaches 165°.



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.



4 MAKE PICO & CREMA

- Meanwhile, dice **tomato**. Roughly chop **cilantro**. Zest and halve **lemon**.
- In a small bowl, combine tomato, half the cilantro, a **squeeze of lemon juice** to taste, and as much **remaining onion** as you like. Season with **salt** and **pepper**.
- In a separate small bowl, combine **guacamole**, **lemon zest**, and **half the sour cream** (save the rest for serving). Squeeze in lemon 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 servings), and a **big pinch of salt**. Bring to a boil, then 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** are tender, remove 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.
 - Carefully flip zucchini and stuff with as much rice as will fit (there will be plenty left over; save for serving). Evenly top with **pepper jack**.
 - Broil until cheese melts and is lightly browned, 2-3 minutes. **TIP: Watch carefully to avoid burning.**
- Transfer **plant-based protein** to pot with **rice**. Stir to combine. Flip **zucchini**; stuff with as much **protein mixture** as will fit (there will be plenty left over; save for serving).



3 ROAST ZUCCHINI

- While rice cooks, season **zucchini** with a **drizzle of olive oil**, **salt**, and **pepper**; rub to evenly coat. Arrange, cut sides down, on a baking sheet.
 - Roast on top rack until browned and tender, 15-20 minutes.
- While zucchini roast, heat a **large drizzle of olive oil** in a large pan over medium-high heat. Add **plant-based protein***; season with **salt** and **pepper**. Cook, breaking up protein into pieces, until browned and warmed through, 4-6 minutes. Remove from heat.



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.

WK 8-10