



# CHICKEN SAUSAGE-STUFFED ZUCCHINI BOATS

with Couscous, Tomato, and Basil



## HELLO THAI BASIL

Meet Italian basil's more fragrant, anise-like cousin! It provides a punchy flavor that we love in this dish.

**PREP: 5 MIN** | **TOTAL: 30 MIN** | **CALORIES: 640**



Zucchini



Israeli Couscous  
(Contains: Wheat)



Roma Tomato



Monterey Jack  
Cheese  
(Contains: Milk)



Italian Chicken  
Sausage Mix



Tuscan Heat  
Spice



Tomato Paste



Thai Basil

## START STRONG


Take care when working with your zucchini straight out of the oven 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 add your filling.

## BUST OUT

- Baking sheet
- Large pan
- Small bowl
- Kosher salt
- Black pepper
- Olive oil (4 tsp | 5 tsp)

## INGREDIENTS

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

- Zucchini 1 | 2
- Italian Chicken Sausage Mix\* 9 oz | 18 oz
- Tuscan Heat Spice  1 TBSP | 1 TBSP
- Israeli Couscous  $\frac{3}{4}$  Cup | 1½ Cups
- Tomato Paste 1.5 oz | 3 oz
- Roma Tomato 1 | 1
- Thai Basil  $\frac{1}{2}$  oz | 1 oz
- Monterey Jack Cheese  $\frac{1}{4}$  Cup |  $\frac{1}{2}$  Cup

\* Chicken Sausage is fully cooked when internal temperature reaches 165 degrees.

## WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



[HelloFresh.com/Wine](https://www.hellofresh.com/wine)





## 1 ROAST ZUCCHINI

Adjust rack to top position and preheat oven to 450 degrees. **Wash and dry all produce.** Trim and halve **zucchini** lengthwise; scoop out and discard seeds. Rub all over with a drizzle of **olive oil**, season with **salt** and **pepper**. Arrange cut sides down on a baking sheet. Roast on top rack until browned and tender, 15-20 minutes.



## 4 MAKE TOPPING

Meanwhile, dice **tomato**. Pick **basil** leaves from stems; discard stems and roughly chop leaves. In a small bowl, combine tomato, half the basil, and a large drizzle of **olive oil**. Season with **salt** and **pepper**. Stir remaining basil into **couscous mixture**.



## 2 BROWN SAUSAGE

Meanwhile, heat a drizzle of **olive oil** in a large, preferably oven-safe, pan over medium-high heat. Add **sausage** and **Tuscan Heat Spice**. Cook, breaking up meat into pieces, until browned all over, 4-5 minutes (the sausage will finish cooking in the next step).



## 5 STUFF ZUCCHINI

Remove **zucchini** from oven. Flip cut-sides-up, then stuff with as much **couscous mixture** as will fit. Nestle on top of remaining couscous mixture in pan. (**TIP:** If pan is not ovenproof, transfer everything to a baking dish at this point.) Sprinkle stuffed zucchini with **cheese**. Return to top rack until cheese has melted, 1-2 minutes.



## 3 COOK COUSCOUS

Stir **couscous**, **tomato paste**, and **1½ cups water** (2½ cups for 4 servings) into pan until combined. Bring to a simmer and cook until mixture has thickened, couscous is tender, and **sausage** is cooked through, 6-8 minutes. (**TIP:** If pan seems dry, add a splash of water.) Season generously with **salt** and **pepper**. Turn off heat.



## 6 SERVE

Top stuffed **zucchini** with **tomato-basil mixture**. Serve straight from the skillet or divide between plates.

## SAIL ON

Edible vessels ahoy! Next time, try carving out and stuffing eggplant or portobello mushrooms.

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