



More than Food

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Stuffed Summer Squash Boats

with Mushroom Duxelles, Quinoa, and Parmesan



Yellow summer squash is the perfect vessel for stuffing—once scooped out, their seedy centers form a tiny boat for filling. Finely chopped mushrooms are sautéed with butter and shallot for a riff on *mushroom duxelles*, a classic French preparation. Folded into a quinoa stuffing, it's divine!



45 min



level 2



veggie



gluten free



nut free



Summer Squash



Quinoa



Baby Portobello Mushrooms



Shallot



Plum Tomatoes



Basil



Parmesan



Garlic



Thyme



Vegetable Stock Concentrate

Ingredients

	2 People	4 People
Summer Squashes	3	6
Quinoa	½ cup	1 cup
Baby Portobello Mushrooms	4 oz	8 oz
Shallot	1	2
Plum Tomatoes	2	4
Basil	1 bunch	2 bunches
Parmesan ¹⁾	½ cup	1 cup
Garlic	2 cloves	4 cloves
Thyme	1 sprig	2 sprigs
Vegetable Stock Concentrate	1	2
Olive Oil*	2 T	4 T
Butter* ¹⁾	1 T	2 T

*Not Included

Allergens

1) Dairy

Tools

Baking Sheet, Small Pot, Large Pan

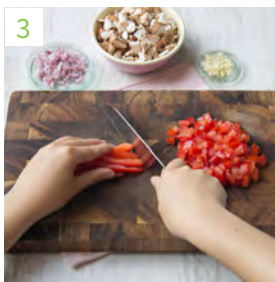
Ruler

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Nutrition per person Calories: 543 cal | Carbs: 48 g | Fat: 32 g | Protein: 24 g | Fiber: 8 g

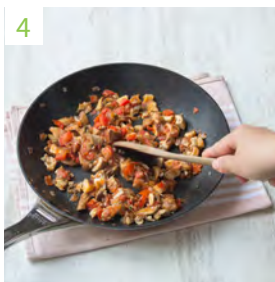


1 Preheat oven to 400 degrees. Halve the **squashes** lengthwise, then scoop out the seedy area with a spoon. Place on a lightly oiled baking sheet and toss with 1 tablespoon **olive oil** and a large pinch of **salt** and **pepper**. Place in the oven, cut side down, and roast for 20-25 minutes, until soft and golden brown on the bottom.



2 While the squashes roast, bring 1 cup water and the **stock concentrate** to a boil in a small pot. Add the **quinoa**, cover, and simmer for 15 minutes.

3 Meanwhile, finely chop the **mushroom caps and stems**. Mince the **shallot** and **garlic**. Halve, seed, and finely dice the **tomatoes**. Strip the leaves off the **thyme** sprig and finely chop.



4 Heat 1 tablespoon **butter** in a large pan over medium heat. Add the **shallot** and cook, tossing, 2-3 minutes, until soft. Add 1 tablespoon **olive oil**, **mushrooms**, **tomato**, and **thyme** to the pan. Cook another 5-6 minutes, until very soft and cooked down. Add the **garlic** and cook 30 seconds, until fragrant. Season with **salt** and **pepper**.



5 Add the cooked **quinoa** to the pan and toss to combine. Season with **salt** and **pepper**.

6 When done, remove the **squashes** from the oven and stuff with as much **quinoa mixture** as will fit. Heat the broiler to high or oven to 500 degrees. Sprinkle squash boats with **Parmesan cheese** and return to the oven until cheese is golden brown and melted, about 3 minutes.

7 Meanwhile, chop the **basil**. Plate the **remaining quinoa mixture**. Serve the **squash boats** on top of the remaining quinoa and sprinkle with **basil**. Enjoy!