



JUL
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Stuffed Zucchini Boats

with Mushroom Duxelles, Quinoa, and Parmesan

Zucchini 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!



Prep: 10 min
Total: 35 min



level 2



nut free



veggie



gluten free



Zucchini



Quinoa



Button
Mushrooms



Shallot



Roma Tomatoes



Parsley



Parmesan
Cheese



Garlic



Thyme



Vegetable Stock
Concentrate

Ingredients

	2 People	4 People
Zucchini	2	4
Quinoa	½ Cup	1 Cup
Button Mushrooms	4 oz	8 oz
Shallot	1	2
Roma Tomatoes	2	4
Parsley	¼ oz	¼ oz
Parmesan Cheese	1) ¼ Cup	½ Cup
Garlic	2 Cloves	4 Cloves
Thyme	¼ oz	½ oz
Vegetable Stock Concentrate	1	2
Butter*	1 T	2 T
Olive Oil*	5 t	10 t

*Not Included

Allergens

1) Milk

Tools

Baking sheet, Small pot, Large pan

Nutrition per person Calories: 493 cal | Fat: 26 g | Sat. Fat: 9 g | Protein: 19 g | Carbs: 54 g | Sugar: 12 g | Sodium: 394 mg | Fiber: 9 g

Ruler

0 in ¼ in ½ in ¾ in 1 in

1



1 Roast the zucchini: Wash and dry all produce. Preheat the oven to 450 degrees. Halve the **zucchini** lengthwise, then scoop out the seedy area with a spoon. Place on a lightly oiled baking sheet and top with a drizzle of **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.

1



2 Cook the quinoa: While the **zucchini** roasts, bring **1 cup water** and the **stock concentrate** to a boil in a small pot. Add the **quinoa**, cover, and simmer for 15-20 minutes, until tender.

3 Prep the remaining ingredients: Meanwhile, finely chop the **mushroom caps** and **stems**. Peel and mince the **shallot**, then mince the **garlic**. Halve, seed, and finely dice the **tomatoes**. Strip the **leaves** off the **thyme** sprigs, and finely chop.

4



4 Make the stuffing: Heat **1 Tablespoon butter** in a large pan over medium heat. Add the **shallot** and cook, tossing for 2-3 minutes, until soft. Add **1 Tablespoon olive oil**, the **mushrooms**, **tomatoes**, and **thyme** to the pan. Cook for another 5-6 minutes, until very soft and cooked down. Add the **garlic** and cook for 30 seconds, until fragrant. Season with **salt** and **pepper**. Once ready, add the cooked **quinoa** to the pan and toss to combine. Season with **salt** and **pepper**.

5



5 Stuff the zucchini: When done, remove the **zucchini** from the oven and stuff with as much **quinoa mixture** as will fit. Heat the broiler to high or the oven to 500 degrees. Sprinkle the **zucchini boats** with **parmesan cheese** and return to the oven until the cheese is golden brown and melted.

6 Finish and serve: Meanwhile, chop the **parsley**. Plate the remaining **quinoa mixture**. Serve the **zucchini boats** on top of the remaining **quinoa** and sprinkle with the **parsley**. Enjoy!

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