



SOUTHWEST STUFFED ZUCCHINI BOATS

with Pico de Gallo, Avocado Crema & Cilantro

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Onion



2 | 4
Zucchini



¾ Cup | 1½ Cups
Jasmine Rice



1 TBSP | 2 TBSP
Southwest Spice Blend



1 | 2
Veggie Stock Concentrate



1 | 2
Tomato



¼ oz | ½ oz
Cilantro



1 | 1
Lime



4 TBSP | 8 TBSP
Guacamole



3 TBSP | 6 TBSP
Sour Cream
Contains: Milk



½ Cup | 1 Cup
Pepper Jack Cheese
Contains: Milk



1 tsp | 2 tsp
Hot Sauce



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If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Ground Beef**

Calories: 1020



10 oz | 20 oz
Ground Turkey

Calories: 880



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



HELLO





ZUCCHINI BOATS

Delicious edible vessels stuffed to the gills

HOT TAKE

Take care when working with your hot-from-the-oven zucchini. We recommend using tongs to hold them while stuffing.

BUST OUT

- Zester
- Large pan  
- Medium pot
- 2 Small bowls
- Baking sheet
- Kosher salt
- Black pepper
- Olive oil (3 tsp | 5 tsp)
- Cooking oil (1 tsp | 1 tsp)  

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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. Dice **tomato**. Roughly chop **cilantro**. Zest and halve **lime**.



4 MAKE PICO & CREMA

- 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**, **half the sour cream** (save the rest for serving), and **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 Blend**; 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; 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** is tender, remove sheet from oven. Heat broiler to high.
- Fluff **rice** with a fork and season with **salt** and **pepper**. **TIP: For extra richness, stir in 1 TBSP butter** (2 TBSP for 4 servings).
- Carefully flip zucchini and stuff with as much rice as will fit (there'll be plenty left over; save for serving). Evenly top with **pepper jack**.
- Broil until cheese is melted and lightly browned, 2-3 minutes. **TIP: Watch carefully to avoid burning.**

-  Stir **beef** or **turkey** into **rice** before stuffing **zucchini**.
- 



3 ROAST ZUCCHINI


- While rice cooks, rub **zucchini halves** all over with a **large drizzle of olive oil** (two large drizzles for 4 servings); season with **salt** and **pepper**. Arrange, cut sides down, on a baking sheet.
- Roast on top rack until browned and tender, 15-20 minutes.


-  Heat a **drizzle of oil** in a large, preferably nonstick, pan over medium-high heat.
-  Add **beef*** or **turkey***; season with **salt** and **pepper**. Cook, breaking up meat into pieces, until cooked through, 4-6 minutes.



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.

 *Ground Beef is fully cooked when internal temperature reaches 160°.

 *Ground Turkey is fully cooked when internal temperature reaches 165°.