



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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*In our ongoing effort toward sustainability, we're working on reducing plastic in your order! You may have received 4 servings of protein in one package—rest assured it contains the correct amount.



HelloCustom

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 **3/4 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**, **1 1/4 cups water** (2 1/4 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°.