

SOUTHWEST STUFFED ZUCCHINI BOATS



Adapted from Hello Fresh

<https://www.hellofresh.com/recipes/southwest-stuffed-zucchini-boats-6239d572a6c4da6d03706023>

4 servings

- **Protein:** 4.6 g protein per 1 Zucchini Boat (2 halves)

INGREDIENTS



2 Onion



2 Roma Tomatoes



8 TBSP Follow Your Heart Sour Cheese



4 zucchini



½ oz. Cilantro



1 Cup Follow Your Heart Pepper Jack Cheese



225 g Promin Imitation Rice



1 Lemon



2 packet Sazón Goya Seasoning



2 Wholly Guacamole Minis

ITEMS NEEDED

- Baking Sheet
- Medium Pot
- Small Pot
- 2 Small Bowl
- Zester

PROTEIN PER SERVING

4.6 g protein per 1 Zucchini Boat
(2 halves)

NOTES

When working with your hot zucchini in step 5, we recommend using tongs to flip and hold the veggie boats in place as you stuff them with filling.



1 PREP

- Adjust the rack to the top position and preheat the oven to 450 degrees. Wash and dry the produce.
- Halve, peel, and finely dice the onion. Trim and halve zucchini lengthwise; scoop out and discard seeds with a spoon. Dice cheese into shreds.



2 COOK RICE

- Heat a drizzle of olive oil in a medium pot over medium-high heat. Add $\frac{3}{4}$ of the onion; season with salt and pepper. Cook, stirring, until softened, 4-5 minutes. Remove and set to the side.
- In a pot, bring 1 liter of water to a boil. Add the rice and simmer for approximately 8 minutes, or until cooked to taste. Drain and rinse.
- Stir in the onion and Sazón Goya Seasoning. Season with salt to taste. Keep covered from heat until ready to use in step 5.



3 ROAST ZUCCHINI

- While the rice cooks, season the zucchini with a drizzle of olive oil, salt, and pepper; rub to coat evenly. Arrange on a baking sheet, cut sides down.
- Roast on top rack until browned and tender, 15-20 minutes.



4 MAKE PICO & CREMA

- Meanwhile, dice the tomato. Roughly chop cilantro. Zest and halve a lemon.
- In a small bowl, combine tomato, half the cilantro, a squeeze of lemon juice to taste, and as much remaining onion as you like. Season with salt and pepper.
- In a separate small bowl, combine guacamole, lemon zest, and half the sour cream (save the rest for serving). Add a squeeze of lemon juice to taste. Season with salt and pepper. Add water 1 tsp at a time until the mixture reaches a drizzling consistency.



5 STUFF & BROIL ZUCCHINI

- Once the zucchini is tender, remove the sheet from the oven. Heat the broiler to high.
- Fluff rice with a fork and season with salt and pepper.
- Carefully flip the zucchini and stuff with as much rice as will fit (there will 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
- Divide remaining rice between plates and top with stuffed zucchini. Top with avocado crema, pico de gallo, remaining cilantro, and remaining sour cream.