



# Carb Smart Cheesy Bacon-Stuffed Zucchini Boats

with Italian-Dressed Salad

Carb Smart

30 Minutes



-  Bacon Strips
-  Zucchini
-  Italian Breadcrumbs
-  Parmesan Cheese, shredded
-  Green Onion
-  Spring Mix
-  Baby Tomatoes
-  Crispy Shallots
-  Garlic, cloves
-  Cream Cheese
-  Italian Dressing



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## HELLO CRISPY SHALLOTS

*This crunchy topping adds savoury flavour and extra oomph to just about anything!*

## Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

## Bust out

Baking sheet, medium bowl, measuring spoons, rolling pin, silicone brush, large bowl, parchment paper, small bowl, large non-stick pan

## Ingredients

	2 Person	4 Person
Bacon Strips	100 g	200 g
Zucchini	400 g	800 g
Italian Breadcrumbs	4 tbsp	8 tbsp
Parmesan Cheese, shredded	¼ cup	½ cup
Green Onion	1	2
Spring Mix	56 g	113 g
Baby Tomatoes	113 g	227 g
Crispy Shallots	28 g	56 g
Garlic, cloves	1	2
Cream Cheese	43 g	86 g
Italian Dressing	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 71°C/160°F, as size may vary.

## Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

## Contact

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## Par-bake zucchini

- Halve **each zucchini** lengthwise.
- Using a spoon, remove and discard zucchini flesh, leaving a ½-inch border.
- Arrange **zucchini halves** on a parchment-lined baking sheet.
- Drizzle **1 tbsp oil** (dbl for 4 ppl) over **zucchini**, then brush to coat. Season with **salt and pepper**.
- Arrange **zucchini** cut-side down. Bake in the **middle** of the oven until softened slightly, 8-10 min.



## Assemble and bake zucchini boats

- Once slightly cooled, add **cream cheese** and **half the Parmesan** to the bowl with **bacon filling**. Season with **pepper**, then mash with a fork against the side of the bowl to combine.
- Flip **zucchini halves** over, then stuff with **bacon filling**.
- Sprinkle **remaining Parmesan** over top.
- Bake in the **top** of the oven until **cheese** is golden-brown and **zucchini** is tender, 6-8 min.



## Cook bacon and prep

- Meanwhile, cut **bacon** crosswise into ¼-inch strips. (**TIP:** Use scissors if you don't want to dirty two cutting boards.)
- Add **bacon** to a dry, large non-stick pan. Cook over medium-high heat, stirring occasionally, until **bacon** starts to crisp, 5-7 min.\*\*
- Meanwhile, on a clean cutting board, thinly slice **green onion**, keeping green and white parts separate.
- Peel, then mince or grate **garlic**.
- Reserve **half the crispy shallots** in a small bowl.
- Using a rolling pin or heavy pot, carefully crush **remaining shallots** in their packaging until you have fine crumbs.



## Make salad

- Meanwhile, halve **tomatoes**.
- When **zucchini boats** are almost done, add **tomatoes** and **spring mix** to a large bowl.
- Drizzle **Italian dressing** over top, then toss to combine.



## Make bacon filling

- Drain and discard **all but ½ tbsp bacon fat** (dbl for 4 ppl) from the pan. (**NOTE:** Keep bacon in the pan.)
- Add **green onion whites** and **garlic**. Cook, stirring often, until fragrant, 30 sec.
- Remove the pan from heat.
- Add **breadcrumbs** and **crispy shallot crumbs**, then stir to combine. Transfer **filling** to a medium bowl to cool slightly.



## Finish and serve

- Divide **zucchini boats** and **salad** between plates.
- Sprinkle **remaining green onions** over **zucchini boats**.
- Sprinkle **reserved crispy shallots** over **salad**.

## Dinner Solved!