

Mushroom-Stuffed Zucchini Boats

with Ouinoa and Fresh Tomato Salad

Zucchini is the perfect vessel for stuffing – once scooped out, their hearty flesh forms a tiny boat for filling. Finely chopped mushrooms are cooked with butter and shallots for a riff on mushroom duxelles, a classic French preparation. Folded into a quinoa stuffing, it's divine!







Quinoa



Cremini Mushrooms



Yellow Zucchini



Plum Tomato









Vegetable Broth



Parmesan



Ingredients		2 People
Quinoa		1 pkg (113 g)
Cremini Mushrooms		1 pkg (227)
Yellow Zucchini		3
Plum Tomato		4
Garlic		1 pkg (10 g)
Shallot		1
Basil		1 pkg (10 g)
Balsamic Vinegar	1)	½ bottle (1 tbsp)
Vegetable Broth Concentrate		1 pkg
Parmesan, shredded	2)	1 pkg (½ cup)
Butter*	2)	1 tbsp
Olive or Canola Oil*		

Tools

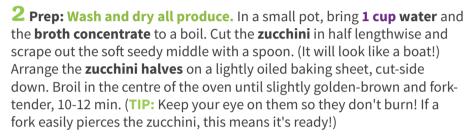
*Not Included

Small Pot, Measuring Cups, Baking Sheet, Medium Bowl, Measuring Spoons, Large Pan

Nutrition per person Calories: 553 cal | Fat: 19 g | Protein: 30 g | Carbs: 71 g | Fibre: 9 g | Sodium: 642 mg Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



1 Preheat the broiler to high (to broil zucchini boats).





- **3 Cook the quinoa:** Meanwhile, add the **quinoa** to the boiling water. Reduce heat to medium-low. Cook, covered, until quinoa is tender and all the water has been absorbed, 12-15 min.
- 4 Make the salad: Meanwhile, cut the tomatoes into ½-inch cubes. Peel, then finely chop the shallot. Roughly chop the basil leaves. In a medium bowl, combine half the tomatoes, half the basil, 2 tbsp shallot, 2 tsp vinegar and a drizzle of oil. Season with salt and pepper. Set aside.



5 Cook the mushrooms: Roughly chop the mushrooms. Mince or grate the garlic. Heat a large pan over medium heat. Add the butter, then the remaining shallot. Cook, stirring occasionally, until softened, 4-5 min. Add the mushrooms and garlic. Cook until the mushrooms are goldenbrown, 7-8 min. Add the quinoa and remaining tomatoes to the pan. Cook until the mixture is heated through, 2-3 min. Season with pepper.



- **6** Assemble the zucchini boats: Spoon the mushroom mixture into the zucchini boats. Sprinkle with Parmesan. Return to the oven and broil until golden-brown and cheese is melted, 3-4 min.
- **Finish and serve:** Divide the **zucchini boats** between plates and serve with any **remaining quinoa mixture** and the **fresh tomato salad** on the side. Sprinkle with the **remaining basil** and enjoy!