



Hello
FRESH



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Mushroom-Stuffed Zucchini Boats

with Quinoa 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!

 **Prep**
30 min

 **Veggie**



Quinoa



Cremini
Mushrooms



Yellow
Zucchini



Plum
Tomato



Garlic



Shallot



Basil



Balsamic Vinegar



Vegetable Broth
Concentrate



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*	

*Not Included

Allergens

1) Sulphites/Sulfites

2) Milk/Lait

Tools

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

Ruler

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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.

2



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

4



2 Prep: Wash and dry all produce. In a small pot, bring **1 cup water** and the **broth concentrate** to a boil. Cut the **zucchini** in half lengthwise and scrape out the soft seedy middle with a spoon. (It will look like a boat!) Arrange the **zucchini halves** on a lightly oiled baking sheet, cut-side down. Broil in the centre of the oven until slightly golden-brown and fork-tender, 10-12 min. (**TIP:** Keep your eye on them so they don't burn! If a fork easily pierces the zucchini, this means it's ready!)

5



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.

6



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 golden-brown, 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.

7 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!

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