



SOUTHWEST ZUCCHINI BOATS

rice, black beans, kale, chimichurri, cotija, pepitas

COOK TIME
30 MIN

SERVINGS
2

CALORIES PER SERVING
980

MENU
VEGETARIAN // GLUTEN-FREE

You'll go overboard for these colorful zucchini boats brimming with Southwest flair. They're filled with rice, corn, and black beans that are kicked up with our creamy parsley and cilantro chimichurri. A sprinkling of cotija cheese on top gets broiled until melty to add richness. Enjoy these zucchini boats with extra rice filling on the side and a scattering of crunchy pepitas.

INGREDIENTS (11 ITEMS)

- ½ cup **Jasmine rice**
- 1 whole **Vegetable stock concentrate**
- 1¼ tsp **Southwest seasoning**
- 2 whole **Zucchini**
- 13¼ oz **Black beans**
- 2¾ oz **Green kale**
- 1 whole **Roma tomato**
- 1½ oz **Corn**
- 3½ oz **Creamy parsley & cilantro chimichurri** E S
- ¾ oz **Cotija cheese** M
- ½ oz **Pepitas**

WHAT YOU'LL NEED

- small pot with lid
- large sauté pan
- baking sheet
- measuring cup & spoons
- strainer
- oven mitt
- cooking oil
- 1 tbsp butter M
- salt & pepper

ALLERGENS

- E EGGS
- S SOY
- M MILK



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

Wash and dry fresh produce. Go to greenchef.com/faq for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 COOK RICE

- Preheat oven to 425 degrees.
- Bring **jasmine rice**, 1 cup water, **vegetable stock concentrate**, about half the **Southwest seasoning**, and about ¼ teaspoon salt to a boil in a small pot. Stir, then reduce heat to medium low and cover pot with lid. Simmer 16-18 minutes, or until rice is tender and water has absorbed.
- Remove from heat. Let rest, covered, 3 minutes. Fluff with a fork. (You'll finish the rice in Step 5.)

COOKING FOR
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2 PREP

- Trim ends from **zucchini***. Halve lengthwise. Carve out seedy core with a spoon.
- Strain and rinse **black beans**.
- Remove and discard any thick center stems from **green kale***. Roughly chop leaves into bite-size pieces.
- Medium dice **Roma tomato** into pieces, about ½ inch each.

*The ingredient you received may be a different color.

3 ROAST ZUCCHINI

- Place **zucchini halves** on a lightly oiled, foil-lined baking sheet. Drizzle with about 1½ tablespoons cooking oil. Season with salt and pepper. Rub to coat. Place cut sides down.
- Roast 15-18 minutes, until browned and tender.

4 START FILLING

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **beans** and **corn** to hot pan. Season with remaining **Southwest seasoning**, about ¼ teaspoon salt, and a pinch of pepper. Cook 3-5 minutes, stirring occasionally.
- Add **kale**. Cook 1-2 minutes, or until kale leaves are just wilted, stirring occasionally.
- Remove from heat. Drizzle with about half the **creamy parsley and cilantro chimichurri**. Stir to combine.

5 FINISH FILLING

- Add 1 tablespoon butter to pot with **rice**. Stir until butter has melted. Season with salt and pepper.
- Transfer **rice** to pan with **filling**. Stir to combine.

6 STUFF ZUCCHINI

- Set oven to high broil.
- Flip **zucchini halves**. Spoon **rice and bean filling** into each half.* Sprinkle with **cotija cheese**. (Careful! Baking sheet is hot!)
- Broil about 30 seconds, or until cheese melts and is lightly browned.**

*Reserve excess filling in the pan for Step 7.

**Keep an eye on the zucchini boats while they broil to prevent burning.

7 PLATE YOUR DISH

- Divide remaining **rice and bean filling** between plates. Top with **Southwest zucchini boats**. Drizzle with remaining **chimichurri**. Garnish with **tomato** and **pepitas**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (648g)

Amount per serving

Calories **980**

	% Daily Value*
Total Fat 59g	76%
Saturated Fat 11g	55%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 1430mg	62%
Total Carbohydrate 89g	32%
Dietary Fiber 12g	43%
Total Sugars 11g	
Includes 1g Added Sugars	2%
Protein 23g	
Vitamin D 0mcg	0%
Calcium 207mg	15%
Iron 5mg	30%
Potassium 1662mg	35%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Zucchini, **Jasmine Rice** [jasmine rice], **Black Beans** [organic black beans, water, sea salt, calcium chloride (firming agent)], **Cotija Cheese** [pasteurized milk, salt, cheese cultures, enzymes, cellulose], **Vegetable Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot, celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **Roma Tomatoes**, **Corn** [corn], **Green Kale**, **Creamy Chimichurri** (Yellow Onions, Parsley, Cilantro, Garlic, Dried Oregano, Sea Salt, Black Pepper, Crushed Red Pepper Flakes, Apple Cider Vinegar [apple cider vinegar], Sunflower Oil [high oleic sunflower oil], Mayonnaise [organic expeller pressed soybean oil, water, organic egg yolks, organic whole eggs, organic distilled white vinegar, salt, organic white mustard (organic distilled vinegar, water, organic mustard seeds, salt, organic spices), organic lemon juice concentrate], Lemon Juice [lemon]), **Southwest Seasoning** (Ground Cumin, Sweet Paprika, Smoked Paprika, Dried Oregano, Ground Coriander, Granulated Garlic), **Pepitas** [pumpkin seed kernels]

Allergen information:

Contains Egg, Soy And Milk

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.

