



GREEK-STYLE ZUCCHINI BOATS

couscous, chickpeas, tomato, feta, dates, almonds, tzatziki

COOK TIME
30 MIN

SERVINGS
2

CALORIES PER SERVING
680

MENU
VEGETARIAN // MEDITERRANEAN

It's astonishing how many flavors our chefs have packed into these zucchini boats: garbanzo beans sautéed with gyro-style seasoning, couscous, tomato, scallion, and sweet dates, to name a few. The stuffed zucchini are baked and garnished with almonds, then drizzled with a tangy tzatziki-style sauce. What floats your boat? The answer: This dinner!

INGREDIENTS (10 ITEMS)

- ½ cup **Toasted pearl couscous** ^W
- 1½ tsp **Gyro-style seasoning**
- 2 whole **Zucchini**
- 1¾ oz **Garbanzo beans (chickpeas)**
- 1 whole **Scallion**
- ¾ oz **Dates**
- 1 whole **Roma tomato**
- ½ oz **Roasted almonds** ^T
- 2 oz **Tzatziki-style sauce** ^M
- 2 oz **Feta cheese** ^M

WHAT YOU'LL NEED

- small pot
- large sauté pan
- baking sheet
- small bowl
- measuring cup & spoons
- strainer
- oven mitt
- cooking & olive oils
- salt & pepper

ALLERGENS

- ^W WHEAT
- ^T TREE NUTS (almonds)
- ^M MILK

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

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](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 COOK COUSCOUS

- Preheat oven to 425 degrees.
- Bring 1¼ cups water and ¼ teaspoon salt to a boil in a small pot. Once boiling, stir in **toasted pearl couscous** and about half the **gyro-style seasoning**. Reduce heat to medium low. Simmer 11-14 minutes, or until couscous is al dente and water is absorbed.
- Remove from heat. Drizzle with 1 tablespoon olive oil. Stir to coat.

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 **garbanzo beans (chickpeas)**.
- Trim and thinly slice **scallion**.
- Small dice **dates** into pieces, about ¼ inch each.
- Medium dice **Roma tomato** into pieces, about ½ inch each.
- Roughly chop **roasted almonds**.

*The ingredient you received may be a different color.

3 ROAST ZUCCHINI

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

4 MAKE FILLING

- Heat 1 tablespoon cooking oil in a large sauté pan over medium-high heat. Add **chickpeas** and half the **scallion** to hot pan. Season with remaining **gyro-style seasoning**, ¼ teaspoon salt, and a pinch of pepper. Cook 3-5 minutes, or until lightly browned, stirring occasionally.
- Add **dates** and **tomato**. Cook 1-2 minutes, or until tomato is heated through, stirring occasionally.
- Remove from heat. Transfer **couscous** to pan with **filling**. Stir to combine.

5 MIX TZATZIKI DRIZZLE

- Place **tzatziki-style sauce** in a small bowl. Add water 1 teaspoon at a time until mixture reaches a drizzling consistency.

6 STUFF ZUCCHINI

- Flip **zucchini halves**. Spoon **couscous and chickpea filling** into each half.* (**Careful! Baking sheet is hot!**) Sprinkle with **feta cheese**.
- Bake about 30 seconds, or until cheese is warmed through.

*Reserve excess filling in the pan for Step 7.

7 PLATE YOUR DISH

- Divide remaining **couscous and chickpea filling** between plates. Top with **Greek-style zucchini boats**. Drizzle with **tzatziki**. Garnish with **almonds** and remaining **scallion**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (580g)

Amount per serving

Calories **680**

| | % Daily Value* |
|-------------------------------|----------------|
| Total Fat 28g | 36% |
| Saturated Fat 8g | 40% |
| Trans Fat 0g | |
| Cholesterol 30mg | 10% |
| Sodium 1210mg | 53% |
| Total Carbohydrate 79g | 29% |
| Dietary Fiber 14g | 50% |
| Total Sugars 20g | |
| Includes 0g Added Sugars | 0% |
| Protein 26g | |
| Vitamin D 0mcg | 0% |
| Calcium 292mg | 20% |
| Iron 6mg | 35% |
| Potassium 1286mg | 25% |

* 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, Toasted Pearl Couscous [pearled couscous (wheat flour)], **Garbanzo Beans (Chickpeas)** [chickpeas, water, salt, ascorbic acid], **Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Roma Tomatoes, Dates** [organic dried pitted dates], **Scallions, Almonds** [almonds], **Tzatziki-Style Sauce** (Granulated Garlic, Greek Yogurt [pasteurized organic whole milk, organic sweet cream buttermilk, living yogurt cultures: *L. acidophilus*, *L. bulgaricus*, *S. thermophilus*, and *Bifidobacterium lactis*], Sea Salt, Black Pepper, Lemon Juice [lemon], Dried Dill, Ascorbic Acid [ascorbic acid]), **Gyro-Style Seasoning** (Dried Oregano, Onion Powder, Granulated Garlic, Black Pepper, Dried Parsley, Dried Thyme, Sweet Paprika, Cinnamon, Nutmeg)

Allergen information:

Contains Milk, Tree Nuts And Wheat

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.