

DINNERLY



Low-Cal Tex-Mex Stuffed Zucchini Boats

Developed by Our Registered Dietitian



30min



2 Servings

Dinnerly's resident dietitian is bringing you meals that are both ultra-satisfying and super nourishing. Boats are best known for their ability to whisk you away to the idyllic, blissed out spots you want to be in. And things are no different with this recipe! Plus, whole grains like quinoa have more fiber and protein, also making it a smarter carb choice. Just a fork and knife. We've got you covered!

WHAT WE SEND

- ¾ oz cheddar ⁷
- 2 zucchinis
- 10 oz pkg grass-fed ground beef
- 3 oz white quinoa
- ¼ oz taco seasoning
- 4 oz salsa

WHAT YOU NEED

- garlic
- olive oil
- kosher salt & ground pepper

TOOLS

- microplane or grater
- medium skillet
- rimmed baking sheet

ALLERGENS

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 620kcal, Fat 33g, Carbs 43g, Protein 38g



1. Prep ingredients

Preheat broiler with a rack in the top position.

Finely chop **2 teaspoons garlic**. Coarsely grate **cheese**; set aside for step 4.

Halve **zucchinis** lengthwise. Using a teaspoon, hollow out the centers, leaving a ¼-inch border around the edges; reserve **zucchini flesh**.



2. Make filling

Heat **2 teaspoons oil** in a medium skillet over medium-high. Add **beef**; cook, breaking up into smaller pieces, until browned, 3–4 minutes. Add **quinoa, chopped garlic, taco seasoning, zucchini flesh, and half of the salsa**; cook, stirring, 1–2 minutes. Add **½ cup water**; cover, reduce heat to low, and simmer until liquid is absorbed and quinoa is tender, about 15 minutes.



3. Broil zucchini

While **filling** simmers, place **zucchini boats** skin-side down on a rimmed baking sheet. Brush all over with **oil** and season with **salt** and **pepper**. Broil on top oven rack until lightly charred and tender, 6–8 minutes (watch closely as broilers vary).



4. Assemble, broil & serve

Gently fluff **filling** with a fork; season to taste with **salt** and **pepper**. Fill **zucchini boats** with some of the filling. Sprinkle **cheese** over top. Broil until cheese is melted and browned in spots, 1–2 minutes.

Serve **Tex-Mex stuffed zucchini boats** with **remaining beef & quinoa filling** alongside. Spoon **remaining salsa** over top. Enjoy!



5. ...

What were you expecting, more steps?



6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!