



## Chicken Parmesan Zucchini Boats

with Marinara & Mozzarella



45min



2 Servings

No, you're not in a gondola on the canals of Venice—you're at home, cooking a delicious dinner that happens to be served in zucchini boats. We understand the initial confusion. We're filling \*these\* boats to the brim with a saucy, cheesy chicken parm-inspired ragù, then finishing them off with a blanket of motz before broiling 'til golden. You'll know they're done when they look and smell irresistible. We've got you covered!

## WHAT WE SEND

- 1 yellow onion
- 3¾ oz mozzarella <sup>7</sup>
- 2 zucchini
- 10 oz pkg ground chicken
- ¼ oz Italian seasoning
- 8 oz marinara sauce
- ¾ oz Parmesan <sup>7</sup>

## WHAT YOU NEED

- garlic
- olive oil
- kosher salt & ground pepper

## TOOLS

- microplane or grater
- rimmed baking sheet
- medium skillet

## COOKING TIP

If your broiler has multiple settings, set it to high heat during step 2.

## ALLERGENS

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

## NUTRITION PER SERVING

Calories 550kcal, Fat 27g, Carbs 29g, Protein 51g



### 1. Prep ingredients

Preheat oven to 450°F with racks in the center and upper third.

Finely chop **onion**. Grate ½ **teaspoon garlic**. Slice **mozzarella** into ⅛-inch thick slices. Grate **Parmesan**, if necessary. Halve **zucchini** lengthwise and use a spoon to hollow out; discard flesh.



### 2. Roast zucchini

Lightly **oil** a rimmed baking sheet. Add **zucchini** to baking sheet, cut side up, and drizzle with **oil**. Season with **a pinch each of salt and pepper**. Roast zucchini on center rack until tender, about 30 minutes. Remove zucchini from oven and switch oven to broil.



### 3. Make filling

Meanwhile, heat **1 tablespoon oil** in a medium skillet over medium-high. Add **onions** and cook until translucent, 2–3 minutes. Add **garlic** and cook until fragrant, about 30 seconds. Add **ground chicken** and **1 teaspoon Italian seasoning**. Cook, breaking up chicken, until browned and cooked through, 4–5 minutes. Stir in **marinara** and **Parmesan**; season to taste. Remove from heat.



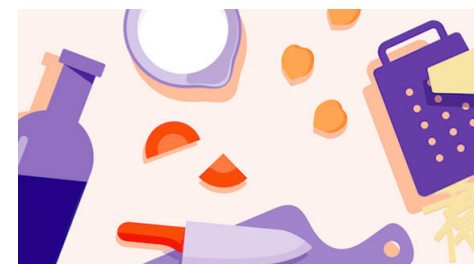
### 4. Finish & serve

Add **filling** to zucchini boats. Top with **mozzarella**. Broil on upper oven rack until cheese is melted and browned in spots, 2–3 minutes (watch closely as broilers vary). Transfer zucchini boats to plates and serve. Enjoy!



### 5. ...

What were you expecting, more steps?



### 6. ...

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