



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
- 3¼ oz mozzarella ⁷
- 2 zucchini
- 10 oz pkg ground chicken
- ¼ oz Italian seasoning
- 8 oz marinara sauce
- ¾ oz Parmesan ⁷

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.



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!



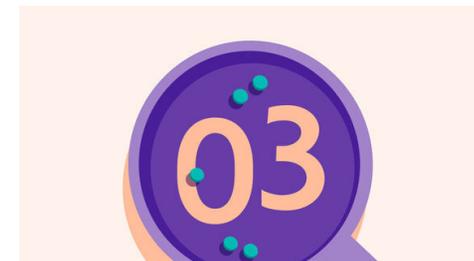
2. Roast zucchini

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.



5. ...

What were you expecting, more steps?



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.



6. ...

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