



Caprese Zucchini & Quinoa Boats

with Arugula Salad & Shaved Parmesan



20-30min



2 Servings

Take a zucchini boat trip to Capri with this summery vegetarian meal. Zucchini are perfect vessels for the classic Caprese flavors of tomatoes, mozzarella, and basil, which combine with fluffy quinoa to make a mouthwatering filling. Grated Parmesan over top melts to bubbly brown perfection, while shaved Parmesan tops a lemony arugula salad along with Castelvetrano olives and toasted pine nuts.

What we send

- 3 oz white quinoa
- 2 zucchini
- 2 plum tomatoes
- 3¾ oz mozzarella ¹
- ½ oz pine nuts ²
- 1 bag arugula
- ¾ oz Parmesan ¹
- 1 oz Castelvetrano olives
- 1 lemon
- 2 oz basil pesto ¹

What you need

- olive oil
- kosher salt & ground pepper

Tools

- small saucepan
- rimmed baking sheet
- small skillet
- microplane or grater

Allergens

Milk (1), Tree Nuts (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 720kcal, Fat 48g, Carbs 46g, Protein 29g



THIS IS A CUSTOMIZED RECIPE STEP

We've tailored the instructions below to match your recipe choices. Happy cooking!

1. Cook quinoa

Preheat oven to 475°F with a rack in the center.

Heat **1 teaspoon oil** in a small saucepan over medium-high. Add **quinoa**; cook, stirring, until golden brown, about 2 minutes. Add **¾ cup water** and **½ teaspoon salt**. Bring to a boil. Cover, reduce heat to medium-low, and cook until tender and water is absorbed, 15-20 minutes. Keep covered off heat until Step 5.



4. Prep salad & dressing

Transfer **arugula** to a medium bowl. Use a vegetable peeler to shave **half of the Parmesan** over top. Remove any pits from **olives**, if necessary, then add to bowl (chop, if desired). Add **zest from half a lemon**.

Squeeze **1 tablespoon lemon juice** into a separate small bowl; whisk in **2 tablespoons oil** and season with **salt** and **pepper**.



2. Prep & roast zucchini

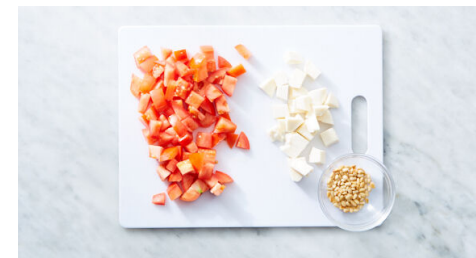
Halve **zucchini** lengthwise and use a spoon to hollow out; discard flesh. Transfer to a rimmed baking sheet. Rub all over with **oil** and season with **salt** and **pepper**.

Roast on center oven rack until tender and browned in spots, 10-15 minutes.



5. Stuff zucchini & broil

Remove **zucchini** from oven; switch oven to broil. In a medium bowl, toss together **tomatoes, mozzarella, quinoa, and half of the pesto**; season to taste with **salt** and **pepper**. Fill zucchini with **some of the filling**. Finely grate **remaining Parmesan** over top. Broil on center oven rack until cheese is browned, 2-3 minutes (watch closely as broilers vary).



3. Prep ingredients

While **zucchini** roasts, chop **tomatoes** into ½-inch pieces. Tear or chop **mozzarella** into ½-inch pieces.

Heat a small skillet over medium-low. Add **pine nuts**; cook, stirring, until lightly toasted and fragrant, 2-3 minutes (watch closely as nuts will burn quickly!). Set aside to cool.



6. Toss salad & serve

Add **toasted pine nuts** to bowl with **salad**. Toss with **lemon dressing**.

Serve **caprese zucchini boats** with **remaining pesto** drizzled over top and **arugula salad** alongside. Serve **remaining filling** on the side (or store in the fridge for lunch the next day!). Enjoy!