

# Couscous-Stuffed Zucchini

*with Goat Cheese & Summer Squash Salad*

This recipe celebrates the variety and versatility of summer squash, which is wonderfully abundant this time of year. We're hollowing out tender zucchini to use as a delicious vessel for a combination of fluffy couscous, tangy goat cheese and bright mint — then baking it all for the perfect, savory bite. On the side, we're making a salad with a second type of summer squash, sautéed with sweet golden raisins and pistachios.



## Blue Apron Wine Pairings

Château Les Girards Bordeaux White, 2015

Ventana Vineyards Sauvignon Blanc, 2013



## Ingredients

- 1/3 Cup Couscous
- 1 Cup Crumbled Goat Cheese
- 2 Cloves Garlic
- 2 Ounces Arugula
- 2 Zucchini
- 1 Yellow Summer Squash
- 1 Lemon
- 1 Bunch Mint

## Knick Knacks

- 3 Tablespoons Golden Raisins
- 1 Shallot
- 1/4 Cup Pistachios

**Makes:** 2 servings | **Calories:** about 645 per serving

**Prep Time:** 15 minutes | **Cook Time:** 35–45 minutes



For cooking tips & tablet view, visit [blueapron.com/recipes/943](https://blueapron.com/recipes/943)

Recipe #943



1



## Cook the couscous:

Preheat the oven to 475°F. In a small pot, combine the **couscous** and  $\frac{3}{4}$  **cup of water**; heat to boiling on high. Once boiling, cover and remove from heat. Let stand for 5 to 6 minutes, or until the liquid has been absorbed and the couscous is tender. Fluff the cooked couscous with a fork. Season with salt and pepper to taste. Cover and set aside in a warm place.

2



## Prepare the ingredients:

While the couscous cooks, wash and dry the fresh produce. Using a peeler, remove the rind of the lemon, avoiding the pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon. Pick the mint leaves off the stems; discard the stems and finely chop the leaves. Halve the zucchini lengthwise; using a spoon, scoop out and discard the pulp and seeds, leaving a  $\frac{1}{4}$ -inch-thick shell. Quarter the yellow squash lengthwise; cut crosswise into  $\frac{1}{4}$ -inch-thick pieces. Peel and mince the shallot. Peel and mince the garlic. Roughly chop the pistachios.

3



## Make the vinaigrette & filling:

Squeeze the **juice of all 4 lemon wedges** into a small bowl. Slowly stir in **2 tablespoons of olive oil** until well combined; season with salt and pepper to taste. Set aside. To the pot of **cooked couscous**, add the **goat cheese, lemon zest and mint**. Drizzle with olive oil and stir to combine; season with salt and pepper to taste.

4



## Stuff & bake the zucchini:

Place the **zucchini** on a sheet pan. Drizzle with olive oil and season with salt and pepper on both sides; turn to thoroughly coat. Arrange the seasoned zucchini cut sides up; stuff with as much of the **filling** as possible (you may have extra filling). Bake 18 to 20 minutes, or until the filling is heated through and the zucchini are tender when pierced with a fork. Remove from the oven.

5



## Make the squash salad:

While the zucchini bake, in a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **yellow squash** and season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until lightly browned. Add the **shallot, garlic, raisins and pistachios**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened and fragrant. Turn off the heat; stir in up to **half the vinaigrette**. Season with salt and pepper to taste.

6



## Dress the arugula & plate your dish:

Just before serving, place the **arugula** in a medium bowl; season with salt and pepper. Add enough of the **remaining vinaigrette** to coat the arugula (you may have extra vinaigrette). Toss to combine and season with salt and pepper to taste. Divide the **squash salad** and **baked zucchini** between 2 plates. Top with the dressed arugula. Enjoy!