

Fried Zucchini & Mozzarella Sandwiches

VEGETARIAN

with Carrot Fries & Guacamole

🕒 30-40 MINS | 2 SERVINGS

This vegetable sandwich is elevated by breading zucchini pieces and lightly frying them until delightfully golden and crispy—all layered together with creamy guacamole and melty mozzarella cheese. To tie it all together, we're serving some of the guacamole on the side as a delightfully rich dipper for roasted carrot fries.



MATCH YOUR BLUE APRON WINE



Zesty & Tropical

Serve a bottle with this symbol for a great pairing.



Ingredients



1
PASTURE-RAISED
EGG



1
ZUCCHINI



2 Tbsps
ALL-PURPOSE
FLOUR



1 oz
SLICED PICKLED
JALAPEÑO PEPPER



2 Tbsps
MAYONNAISE



4 oz
FRESH
MOZZARELLA
CHEESE



2
SMALL
BAGUETTES



3/4 lb
CARROTS



1 1/4 cups
PANKO
BREADCRUMBS



1/4 cup
GUACAMOLE



1 Tbsp
MEXICAN SPICE
BLEND*

* Ancho Chile Powder, Smoked Paprika, Garlic Powder, Ground Cumin & Dried Mexican Oregano



To find out more about Wellness at Blue Apron visit us at www.blueapron.com/pages/wellness, or for further nutrition information see the Nutrition Facts card.



1 Prepare & make the carrot fries:

- Place an oven rack in the center of the oven, then preheat to 450°F.
- Wash and dry the fresh produce.
- Peel the **carrots**; halve crosswise, then quarter lengthwise. Place in a bowl. Drizzle with **olive oil** and season with salt, pepper, and a **pinch of the spice blend**. Toss to coat. Reserving the bowl, transfer to a sheet pan and arrange in an even layer.
- Roast 15 to 17 minutes, or until browned and tender when pierced with a fork. Leaving the oven on, remove from the oven.
- Reserving the sheet pan, transfer to the reserved bowl.



2 Prepare the remaining ingredients:

- Meanwhile, cut the **zucchini** on an angle into 1/2-inch pieces.
- Halve the **baguettes**.
- Thinly slice the **cheese**.
- Roughly chop the **pepper**. Thoroughly wash your hands and cutting board immediately after handling.
- In a bowl, combine the **mayonnaise** and **guacamole**; season with salt and pepper.



3 Bread the zucchini:

- On a large plate, combine the **flour** and **remaining spice blend**; season with salt and pepper.
- Place the **breadcrumbs** on a separate large plate; season with salt and pepper.
- Crack the **egg** into a bowl; add **1 tablespoon of water**. Season with salt and pepper and beat until smooth.
- Season the **zucchini pieces** on both sides with salt and pepper.
- Working one piece at a time, thoroughly coat the **seasoned zucchini** in the **seasoned flour** (shaking off any excess), then in the **beaten egg** (letting the excess drip off), then in the **seasoned breadcrumbs** (pressing to adhere). Transfer to a plate.



4 Fry the zucchini:

- In a large pan (nonstick, if you have one), heat a thin layer of oil on medium.
- Once the oil is hot enough that a pinch of flour sizzles immediately when added, add the **breaded zucchini** in an even layer. Cook 3 to 5 minutes per side, or until lightly browned and crispy (if the pan seems dry, add a drizzle of olive oil before flipping).
- Transfer to a paper towel-lined plate; immediately season with salt.



5 Finish & serve your dish:

- Place the **halved baguettes**, cut side up, on the reserved sheet pan. Drizzle with **olive oil** and season with salt and pepper. Evenly top with the **sliced cheese**.
- Toast in the oven 4 to 6 minutes, or until lightly browned and the cheese is melted.
- Assemble the sandwiches using the **toasted baguettes**, **half the creamy guacamole**, **fried zucchini** (you may have extra), and **as much of the chopped pepper as you'd like**, depending on how spicy you'd like the sandwiches to be.
- Serve the **sandwiches** with the **carrot fries** and **remaining creamy guacamole** on the side. Enjoy!

NUTRITION PER SERVING (AS PREPARED)* Calories: 830, Total Carbohydrates: 95g, Dietary Fiber: 10g, Added Sugar: 1g, Total Fat: 37g, Saturated Fat: 11g, Protein: 30g, Sodium: 2050mg.

CONTAINS: See Ingredient Packaging for Allergen(s).

*See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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