$$\mathbb{E}[z] = \mathbb{E}[Q(\mathbf{x})] = \int Q(\mathbf{x})\pi(\mathbf{x})d\mathbf{x} = \frac{1}{Z}\int Q(\mathbf{x})\frac{\gamma(\mathbf{x})}{q(\mathbf{x})}q(\mathbf{x})d\mathbf{x}$$