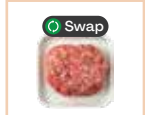




SuperQuick Italian Sausage and Couscous Soup with Roasted Pepper Pesto and Parmesan

15 Minutes



Ground Beef
250 g | 500 g

Customized Protein

+ Add

Swap

or

x2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Mild Italian Sausage, uncased
250 g | 500 g



Pearl Couscous
¼ cup | 1 ½ cups



Mirepoix
113 g | 227 g



Baby Spinach
56 g | 113 g



Parmesan Cheese, shredded
¼ cup | ½ cup



Crushed Tomatoes with Garlic and Onion
1 | 2



Roasted Pepper Pesto
¼ cup | ½ cup



Chicken Stock Powder
1 tbsp | 2 tbsp



Zesty Garlic Blend
1 tbsp | 2 tbsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.
Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Oil, pepper

Cooking utensils | Large pot, measuring cups, measuring spoons

1



Start soup

- Before starting, wash and dry all produce.

 Swap | **Ground Beef**

- Heat a large pot over medium-high.
- When the pot is hot, add **1 tbsp** (2 tbsp) **oil**, then **sausage, mirepoix** and **couscous**. Cook, breaking up **sausage** into smaller pieces, until it begins to brown, 2 min.** Season with **Zesty Garlic Blend** and **pepper**.
- Add **crushed tomatoes, stock powder, pesto, half the Parmesan** and **3 cups** (6 cups) **water**. (TIP: Scrape up the brown bits from the bottom of the pot — this will add extra flavour.) Cover and bring to a boil over high.

4



Finish and serve

- Divide **soup** between bowls.
- Sprinkle **remaining Parmesan** over top.

2



Prep

- Meanwhile, roughly chop **spinach**.

3



Simmer soup

- Once boiling, reduce heat to medium. Cook uncovered, stirring occasionally, until **couscous** is tender and **sausage** is cooked through, 8-10 min.**
- Remove from heat, then stir in **spinach**. Season with **pepper**. Cook, stirring often, until **spinach** wilts, 30 sec.

Measurements within steps **1 tbsp** (2 tbsp) **oil**
2 person 4 person Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

1 | Start soup

 Swap | **Ground Beef**

If you've opted to get **beef**, omit **oil**, then add **beef, mirepoix** and **couscous** to the dry pan. Cook **beef** in the same way the recipe instructs you to cook the **sausage****