



Seared Italian Sausage with Israeli Couscous and Spinach

Family 35 Minutes



Mild Italian
Pork Sausage



Israeli Couscous



White Mushrooms



Baby Spinach



Shallot



Crispy Shallots



Oregano



Chicken Broth
Concentrate



Parmesan Cheese

HELLO ISRAELI COUSCOUS

Also called pearl couscous, this pasta is larger than traditional couscous

Start here

Before starting, wash and dry all produce.

Bust Out

Measuring spoons, slotted spoon, aluminum foil, medium pot, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Mild Italian Pork Sausage	250 g	500 g
Israeli Couscous	¾ cup	1 ½ cup
White Mushrooms	227 g	454 g
Baby Spinach	113 g	227 g
Shallot	50 g	100 g
Crispy Shallots	28 g	56 g
Oregano	7 g	14 g
Chicken Broth Concentrate	1	2
Parmesan Cheese	¼ cup	½ cup
Garlic	3 g	6 g
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°F.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

—
You may receive an equivalent ingredient substitution for this recipe. Follow the instructions with the ingredients received. Thank you for your understanding and happy cooking!

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1

Combine **2 ¾ cups hot water** (dbl for 4 ppl) and **broth concentrate(s)** in a medium pot. Bring to a gentle boil over medium heat. Meanwhile, thinly slice **mushrooms**. Peel, then dice the **shallot**. Finely chop **2 tsp oregano leaves** (dbl for 4 ppl). Peel, then mince or grate **garlic**.



2

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **sausage**. Cook, breaking up **sausage**, until golden-brown and cooked through, 3-4 min.** Using a slotted spoon, transfer **cooked sausage** to a plate and cover with foil to keep warm. Drain the **remaining fat** from the pan.



3

Re-heat the large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **mushrooms, shallots** and **oregano**. Cook, stirring occasionally, until softened, 3-4 min.



4

Cook couscous

Add **couscous** and **garlic** to the pan. Stir together, until **garlic** is fragrant and couscous is toasted, 1-2 min. Reduce heat to medium and add **½ cup broth**. Cook, stirring often, until **broth** has been absorbed by **couscous**. Continue adding **broth**, **½ cup** at a time, stirring often, until **liquid** is absorbed, texture is creamy and **couscous** is tender, 10-15 min. (**NOTE:** 15-20 min for 4 ppl.)



5

Wilt spinach

After the last cup of **broth** has been stirred in and absorbed, stir in **spinach, sausage, half the Parmesan** and **2 tbsp butter** (dbl for 4 ppl). Season with **salt** and **pepper**.



6

Finish and serve

Divide **couscous** between plates. Sprinkle **crispy shallots** and **remaining Parmesan** over top.

Dinner Solved!