



More than Food

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Pan-Seared Chicken Sausage with Tangy Cabbage and Butternut Squash-Apple Puree

Tonight we're taking the classic combo of sausage, sauerkraut, and potatoes to the next level. In lieu of mashed potatoes, sweet apple and squash team up for a deliciously creamy puree. Topped with tangy sautéed cabbage and juicy chicken sausages, this is German comfort food at its best.



35 min



level 1



nut
free



gluten
free



dairy
free



Chicken Sausage



Granny Smith
Apple



Butternut
Squash, pre-cut



Red Cabbage,
pre-shredded



Garlic



Chicken Stock
Concentrate



Parsley



Red Wine
Vinegar

Ingredients

	2 People	4 People
Chicken Sausage	12 oz	24 oz
Granny Smith Apple	1	2
Butternut Squash, pre-cut	8 oz	16 oz
Red Cabbage, pre-shredded	4 oz	8 oz
Garlic	2 cloves	4 cloves
Chicken Stock Concentrate	1	2
Parsley	¼ oz	½ oz
Red Wine Vinegar	2 T	4 T
Oil*	1 T	2 T

*Not Included

Allergens

None

Tools

Large Pot,
Strainer, Large Pan,
Masher, Peeler

Nutrition per person Calories: 478 cal | Carbs: 40 g | Fat: 22 g | Protein: 36 g | Fiber: 7 g | Sodium: 1546 mg

Make sure to wash and dry produce before prepping or cooking!



1 Cut the **butternut squash** into ½-inch cubes. Peel, core, and dice the **apple** into ½-inch cubes. Place the **apple** and **butternut squash** in a large pot with the **stock concentrate**, a large pinch of **salt**, and enough water to cover. Bring to a boil and cook for 20-25 minutes, until very tender.



2 **Sear the sausage:** heat **1 Tablespoon oil** in a large pan over medium-high heat. Add the **chicken sausage** to the pan and cook for 6-7 minutes, rotating occasionally, until browned on all sides. Set aside to rest for 5 minutes.



3 While the **sausage** cooks, prep the remaining ingredients: mince or grate the **garlic**. Chop the **parsley**, reserving a few leaves for garnish.



4 **Make the sauerkraut:** add the **cabbage** and **red wine vinegar** to the same pan you cooked the sausage in. Cook over medium-high heat for 5-6 minutes, tossing occasionally, until soft. Add the **garlic** to the pan and cook another 1-2 minutes. Stir the **chopped parsley** into the pan and season with **salt** and **pepper**.

5 When the **squash** and **apple** are tender, drain and return to the same pot. With a potato masher or fork, mash the squash and apple until very smooth. Season with **salt** and **pepper**.

6 Plate the **squash and apple puree**, then top with the **sauerkraut** and **chicken sausages**. Garnish with **reserved parsley leaves** and enjoy!

Ruler

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