



**HELLO  
FRESH**

## INGREDIENTS

2 PERSON | 4 PERSON



2 | 4  
Scallions



1 | 2  
Veggie Stock  
Concentrate



1 | 2  
Lemon



4 oz | 8 oz  
Cream Sauce  
Base  
Contains: Milk



2.5 oz | 5 oz  
Spinach



4 oz | 8 oz  
Button  
Mushrooms



2.5 oz | 5 oz  
Israeli Couscous  
Contains: Wheat



1 TBSP | 1 TBSP  
Cornstarch



1 TBSP | 2 TBSP  
Italian Herb  
Paste



1 | 2  
Croutons  
Contains: Milk, Wheat

# CREAMY MUSHROOM CHOWDER WITH COUSCOUS

plus Spinach, Croutons & Lemon



✓ **READY, SET,  
LUNCH!**



ANY ISSUES WITH  
YOUR ORDER?  
SCAN HERE TO  
GET HELP!

**TOTAL TIME: 15 MIN | CALORIES: 410**



### BUST OUT

- Medium pot
- Kosher salt
- Small bowl
- Black pepper
- Cooking oil (1 tsp | 1 tsp)

### LEMON LOVE

Try rolling the lemon under your palm on the countertop before you quarter it. This hack softens the citrus fruit so it's easier to get all the juice out.

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## CREAMY MUSHROOM CHOWDER WITH COUSCOUS

with Spinach, Croutons & Lemon

### INSTRUCTIONS

- **Wash and dry produce.**
- Trim and thinly slice **scallions**, separating whites from greens. Thinly slice **mushrooms** (skip if your mushrooms are pre-sliced!).
- Heat a **drizzle of oil** in a medium pot over medium-high heat. Add **scallion whites, mushrooms, and a pinch of salt and pepper**. Cook, stirring occasionally, until veggies are slightly softened, 1-2 minutes.
- Stir in **2 cups water, stock concentrate, and couscous**. Cover and bring to a boil, then reduce heat to a low simmer. Cook until couscous and veggies are tender, 5-7 minutes.
- Meanwhile, quarter **lemon**.
- In a small bowl, combine **half the cornstarch** with **1 TBSP water** (all the cornstarch and 2 TBSP water for 4 servings).
- Once couscous and veggies are tender, add **cream sauce base, Italian herb paste, spinach, and cornstarch mixture** to pot. Stir to combine and cook, stirring occasionally, until thickened, 2-3 minutes more.
- Divide **chowder** between bowls; top with **croutons** and **scallion greens**. Serve with a **squeeze of lemon juice** and remaining lemon wedges on the side.