



BRAISED ITALIAN SAUSAGE & WHITE BEANS

with Kale, Couscous, & Parmesan

INGREDIENTS

2 PERSON | 4 PERSON



2.5 oz | 5 oz
Israeli Couscous
Contains: Wheat



2 | 4
Chicken Stock
Concentrates



1 Clove | 2 Cloves
Garlic



1 | 2
Lemon



1 | 2
Cannellini Beans



4 oz | 8 oz
Kale



9 oz | 18 oz
Italian Pork
Sausage



3 TBSP | 6 TBSP
Parmesan Cheese
Contains: Milk



1 tsp | 2 tsp
Chili Flakes



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HelloCustom

2 PERSON | 4 PERSON

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9 oz | 18 oz
Italian Chicken
Sausage Mix

Calories: 810



PREP: 5 MIN | COOK: 20 MIN | CALORIES: 810



HELLO

CANNELLINI BEANS

These white beans have an earthy flavor and tender texture.

KALE YEAH!

To quickly prep kale, hold the stem end with one hand, then pinch and strip the leaves down and away with your other hand (like pulling a zipper!).

BUST OUT

- Small pot
- Large pan
- Strainer
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

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1 COOK COUSCOUS & PREP

- Wash and dry produce.
- Bring **couscous**, **half the stock concentrates**, and **¾ cup water (1½ cups for 4 servings)** to a boil in a small pot. Once boiling, cover and reduce heat to low. Cook until tender, 6-8 minutes.
- Keep covered off heat until ready to use in Step 3.
- While couscous cooks, drain and rinse **beans**. Peel and mince or grate **garlic**. Remove and discard any thick center stems from **kale**. Quarter **lemon**.



3 FINISH BRAISE

- Reduce heat under pan with **sausage-kale mixture** to low. Add **cooked couscous**, **1 TBSP butter (2 TBSP for 4 servings)**, and a **squeeze of lemon juice**. Cook, stirring, until butter has melted.
- Add another squeeze of lemon juice to taste. Season with **salt** and **pepper** if desired.



2 START BRAISE

- Remove **sausage*** from casing if necessary; discard casing.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add sausage and cook, breaking up meat into pieces, until browned and cooked through, 4-6 minutes.
- Add **beans** and **garlic**; cook, stirring, until fragrant, 30 seconds.
- Stir in **kale**, **remaining stock concentrate**, and **¼ cup water (½ cup for 4 servings)**. Cover and cook, stirring occasionally, until kale is wilted, 1-2 minutes. **(For 4, add half the kale and stir until slightly wilted; add remaining kale and cook 3-4 minutes more.)**

↻ Swap in **chicken sausage*** for pork sausage.



4 SERVE

- Divide **sausage and white beans** between plates. Sprinkle with **Parmesan** and as many **chili flakes** as you like. Serve with **remaining lemon wedges** on the side.

*Pork Sausage is fully cooked when internal temperature reaches 160°.

↻ *Chicken Sausage is fully cooked when internal temperature reaches 165°.