



EASY BREEZY GRILLING CHEESY

with Lemony Couscous, Grape Tomatoes & Kale

INGREDIENTS

2 PERSON | 4 PERSON



1 | 1
Onion



4 oz | 4 oz
Kale



4 oz | 8 oz
Grape Tomatoes



1 Clove | 2 Cloves
Garlic



1 | 1
Lemon



2.5 oz | 5 oz
Israeli Couscous
Contains: Wheat



1 TBSP | 2 TBSP
Italian Seasoning



1 | 2
Veggie Stock
Concentrate



6 oz | 12 oz
Grilling Cheese
Contains: Milk



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HelloCustom

2 PERSON | 4 PERSON

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



9 oz | 18 oz
Italian Chicken
Sausage Mix

Calories: 770



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 580



HELLO

ITALIAN SEASONING

This savory blend—made with garlic, oregano, basil, and parsley—adds herby flavor to couscous and grilling cheese.

EASY BEIN' CHEESY

Unlike other cheeses, grilling cheese (aka halloumi) won't melt into a puddle when it sears in Step 4. Instead, it'll retain its shape while getting delightfully warm and soft on the inside and developing a tasty crust on the outside. Make sure you let it cook long enough to get golden and toasty—your patience will be rewarded!

BUST OUT

- Zester
- Large bowl
- Large pan
- Small pot
- Kosher salt
- Black pepper
- Cooking oil (4 tsp | 4 tsp)
(1 tsp | 1 tsp) ↻
- Sugar (1 tsp | 1 tsp)

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1 PREP

- **Wash and dry produce.**
- Halve, peel, and thinly slice **onion**. Remove and discard any large stems from **half the kale (all for 4 servings)**; chop leaves into bite-size pieces. Halve **grape tomatoes** lengthwise. Peel and mince **garlic**. Zest and quarter **lemon**.
- ↻ Heat a **drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Add **sausage***; season with **salt** and **pepper**. Cook, breaking up meat into pieces, until browned and cooked through, 4-6 minutes. Turn off heat; transfer to a large bowl. Wipe out pan.



4 COOK GRILLING CHEESE

- While couscous cooks, slice **grilling cheese** into four pieces (**eight pieces for 4 servings**).
- Place **remaining Italian Seasoning** on a plate. Coat cheese in seasoning, pressing to adhere.
- Heat a **drizzle of oil** in pan used for veggies over medium-high heat. Add cheese and cook until browned, 1-2 minutes per side.



2 COOK VEGGIES

- Heat a **drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Add **onion** and season with **salt** and **pepper**. Cook, stirring, until softened and lightly browned, 8-10 minutes.
- Once onion is softened, add **¼ cup water (½ cup for 4 servings)** and **1 tsp sugar**. Cook, stirring, until onion is caramelized and jammy, 2-3 minutes more.
- Add another **drizzle of oil** and **chopped kale**. Cook, stirring, until kale is wilted and tender, 5-7 minutes.
- Add **tomatoes** and cook until just softened, 1-2 minutes. Season with **salt** and **pepper**. Turn off heat; transfer **veggies** to a large bowl. Wipe out pan.

- ↻ Use pan used for sausage here. Once **veggies** are done, transfer to bowl with **sausage**.



5 FINISH COUSCOUS

- Transfer **veggies** to pot with **couscous**. Stir in **lemon zest** and a **squeeze of lemon juice** to taste. Season with **salt** and **pepper**. **TIP: Reheat couscous over medium-low heat if needed.**

- ↻ Transfer **veggies** and **sausage** to pot with **couscous**.



3 COOK COUSCOUS

- While veggies cook, heat a **drizzle of oil** in a small pot over medium-high heat. Add **couscous**, **garlic**, and **half the Italian Seasoning (you'll use the rest in the next step)**. Cook, stirring, until couscous is lightly toasted, 1-2 minutes.
- Add **¾ cup water (1½ cups for 4 servings)** and **stock concentrate**. Bring to a boil, then reduce to a low simmer and cover. Cook until couscous is tender, 6-8 minutes.
- Keep covered off heat until ready to use in step 5.



6 SERVE

- Divide **couscous mixture** between plates. Top with **grilling cheese**. Serve with any **remaining lemon wedges** on the side.

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