



LEMON-DILL CHICKEN SAUSAGE COUSCOUS

with Zucchini

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Zucchini



2 Cloves | 4 Cloves
Garlic



1 | 2
Onion



¼ oz | ½ oz
Dill



1 | 2
Lemon



5 oz | 7.5 oz
Israeli Couscous
Contains: Wheat



9 oz | 18 oz
Italian Chicken
Sausage Mix



2 | 4
Chicken Stock
Concentrates



4 oz | 8 oz
Cream Sauce Base
Contains: Milk



2 TBSP | 4 TBSP
Cream Cheese
Contains: Milk



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HELLO

LEMON-DILL

A bright, tangy and herbaceous combo that perfectly complements chicken sausage

PREP: 10 MIN | COOK: 35 MIN | CALORIES: 840



A LIGHT TOUCH

Fluffing couscous with a fork before combining with sausage in Step 5 helps the pearly grains keep their texture, yielding lighter results.

BUST OUT

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

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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1 PREP

- **Wash and dry produce.**
- Trim and halve **zucchini** lengthwise; cut crosswise into ½-inch-thick half-moons. Peel, halve, and finely dice **onion**. Peel and mince or grate **garlic**. Pick **fronds from dill** and finely chop half; reserve remaining for serving. Zest and quarter **lemon**.



2 COOK COUSCOUS

- In a small pot, bring **couscous** and **1½ cups water (2¼ cups for 4 servings)** to a boil. Once boiling, cover and reduce heat to low; cook until al dente, 6-8 minutes.
- Keep covered off heat until ready to use in Step 5.



3 COOK ZUCCHINI

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **zucchini** and cook, stirring occasionally, until lightly browned and softened, 5-6 minutes. Season with **salt** and **pepper**.
- Transfer to a plate and set aside.



4 COOK SAUSAGE & SAUCE

- Heat a **drizzle of oil** in same pan over medium-high heat. Add **onion, garlic, and sausage***. Cook, breaking up meat into pieces and stirring occasionally, until onion is softened and sausage is cooked through, 6-8 minutes.
- Stir in **cream sauce base, stock concentrates, cream cheese, chopped dill, juice from half the lemon, and ½ cup water (1 cup for 4 servings)**. Cook, stirring occasionally, until sauce has thickened, 3-4 minutes more.



5 FINISH COUSCOUS

- Add **couscous** and **zucchini** to pan with **sausage mixture**. Cook, stirring, until combined, 1-2 minutes.
- Turn off heat; stir in **1 TBSP butter (2 TBSP for 4 servings)** until melted and combined. Taste and season with **salt** and **pepper**.



6 SERVE

- Divide **couscous** between plates or bowls. Sprinkle with **lemon zest** and **remaining dill**. Serve with **remaining lemon wedges** on the side.

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