



# BRAISED ITALIAN SAUSAGE & WHITE BEANS

with Kale, Pearl Pasta, & 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



ANY ISSUES WITH YOUR ORDER?  
WE'D BE SIMMERING LIKE STEW OVER  
THERE TOO. SCAN HERE TO GET HELP!



## 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: 760



PREP: 5 MIN | COOK: 20 MIN | CALORIES: 910



HELLO

## CANNELINI 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

### 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 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°.