



SAGE BROWN BUTTER STUFFED SQUASH

with Kale, Apple & Raisin Couscous

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Delicata Squash



5 oz | 7.5 oz
Israeli Couscous
Contains: Wheat



¼ oz | ½ oz
Sage



2 | 4
Veggie Stock Concentrates



1 | 2
Apple



1 | 2
Lemon



1 oz | 2 oz
Golden Raisins



4 oz | 8 oz
Kale



1 | 1
Shallot



4 TBSP | 8 TBSP
Cream Cheese
Contains: Milk



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HelloCustom

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



10 oz | 20 oz
Chopped Chicken Breast

Calories: 1060



10 oz | 20 oz
Ground Turkey

Calories: 1130



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 860



HELLO

DELICATA SQUASH

Sweet and earthy winter squash, with thin edible skin

BUTTER UP

To make it easier to check your brown butter in Step 4, use a light-colored pan or scoop up the butter with a metal spoon so you can see its color.

BUST OUT

- Baking sheet
 - Zester
 - Small bowl
 - Plastic wrap
 - Medium pot
 - Small pan
 - Paper towels
 - Large pan
 - Kosher salt
 - Black pepper
 - Cooking oil (3 tsp | 5 tsp) (1 tsp | 1 tsp)
 - Butter (4 TBSP | 8 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.

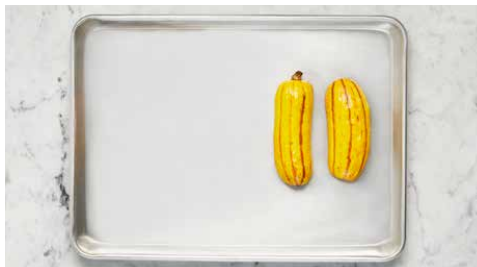
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1 ROAST SQUASH

- Adjust rack to top position and preheat oven to 450 degrees. **Wash and dry produce.**
- Halve **squash** lengthwise; scoop out and discard seeds with a spoon.
- Place squash on a baking sheet; drizzle each half with **oil** and rub to evenly coat. Season generously with **salt** and **pepper**, then arrange cut sides down. Roast on top rack until browned and tender, 25-30 minutes.

- Pat **chicken*** dry with paper towels and season with **salt** and **pepper**. Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken or **turkey***; cook, stirring frequently, until browned and cooked through, 4-6 minutes.



4 FINISH COUSCOUS

- Melt **3 TBSP butter** (6 TBSP for 4 servings) in a small pan over medium-high heat. Add **chopped sage** and cook, stirring, until butter is foamy and flecked with amber brown bits, 1-2 minutes. Remove pan from heat.
- Stir **sage brown butter**, **half the lemon zest**, and a **pinch of salt** into pot with **couscous mixture**; set aside. Wipe out pan.

- Stir **chicken** or **turkey** into pot with **couscous mixture**.



2 PREP & SOAK RAISINS

- Zest and quarter **lemon**. Halve, peel, and thinly slice **half the shallot** (all for 4 servings). Remove and discard any large stems from **kale**; roughly chop into bite-size pieces. Halve, core, and dice **apple** into ¼-inch pieces. Pick **sage leaves** from stems; chop leaves until you have 2 tsp (4 tsp for 4).
- In a small microwave-safe bowl, combine **raisins** and **juice from half the lemon**. Cover with plastic wrap and microwave until softened, 20-30 seconds. Set aside, still covered, until ready to use.



5 MAKE SAUCE

- Heat pan used for brown butter over medium heat. Add **¼ cup water** (½ cup for 4 servings), **cream cheese**, **reserved raisin soaking liquid**, **remaining lemon zest**, and **remaining stock concentrates**.
- Cook, stirring constantly, until thickened and combined, 2-3 minutes. Stir in **1 TBSP butter** (2 TBSP for 4) until melted; season with **salt** and **pepper** to taste.



3 START COUSCOUS

- Heat a **drizzle of oil** in a medium pot over medium-high heat. Add **shallot** and cook, stirring, until softened and lightly browned, 1-3 minutes.
- Add **kale** and a **splash of water**. Cook, stirring occasionally, until kale is slightly wilted, 1-3 minutes. Season generously with **salt** and **pepper**.
- Add **couscous**, **1½ cups water** (2¼ cups for 4 servings), and **half the stock concentrates** (you'll use the rest later). Bring to a boil, then cover and reduce heat to low. Cook until couscous is tender, 6-8 minutes. Drain any excess liquid if necessary.
- Once couscous is done, stir in **apple**, **raisins** (reserve soaking liquid for Step 5), and a **squeeze of lemon juice** to taste. Season with **salt** and **pepper**. Keep covered off heat.



6 FINISH & SERVE

- Once **squash** is tender, remove from oven. Carefully flip squash and stuff with as much **couscous filling** as will fit.
- Divide any remaining couscous filling between plates. Top with **stuffed squash** and drizzle with **lemon cream sauce**. Serve with any **remaining lemon wedges** on the side.

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

*Ground Turkey is fully cooked when internal temperature reaches 165°.