



CREAMY MUSHROOM CHOWDER WITH COUSCOUS

plus Spinach, Croutons & Lemon

INGREDIENTS

2 PERSON | 4 PERSON



2 | 4
Scallions



1 | 2
Veggie Stock
Concentrate



1 | 2
Lemon



4 oz | 8 oz
Cream Sauce
Base
Contains: Milk



2.5 oz | 5 oz
Spinach



4 oz | 8 oz
Button
Mushrooms



2.5 oz | 5 oz
Israeli Couscous
Contains: Wheat



1 TBSP | 1 TBSP
Cornstarch



1 TBSP | 2 TBSP
Italian Herb
Paste



1 | 2
Croutons
Contains: Milk, Wheat



✓ READY, SET,
LUNCH!



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(646) 846-3663.

TOTAL TIME: 15 MIN | CALORIES: 390



BUST OUT

- Medium pot
- Small bowl
- Cooking oil (1 tsp | 1 tsp)
- Kosher salt
- Black pepper

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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INSTRUCTIONS

- **Wash and dry produce.**
- Trim and thinly slice **scallions**, separating whites from greens. Thinly slice **mushrooms** (skip if your mushrooms are pre-sliced!).
- Heat a **drizzle of oil** in a medium pot over medium-high heat. Add **scallion whites, mushrooms, and a pinch of salt and pepper**. Cook, stirring occasionally, until veggies are slightly softened, 1-2 minutes.
- Stir in **2 cups water, stock concentrate, and couscous**. Cover and bring to a boil, then reduce heat to a low simmer. Cook until couscous and veggies are tender, 5-7 minutes.
- Meanwhile, quarter **lemon**.
- In a small bowl, combine **half the cornstarch** with **1 TBSP water** (all the cornstarch and 2 TBSP water for 4 servings).
- Once couscous and veggies are tender, add **cream sauce base, Italian herb paste, spinach, and cornstarch mixture** to pot. Stir to combine and cook, stirring occasionally, until thickened, 2-3 minutes more.
- Divide **chowder** between bowls; top with **croutons** and **scallion greens**. Serve with a **squeeze of lemon juice** and remaining lemon wedges on the side.