



NOV
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Autumnal Italian Sausage

with Israeli Couscous, Mushrooms and Wilted Spinach

On cool autumn nights, comfy food and easy clean up are all we can hope for. This warming one-pot meal easily does the trick! Quick and very delicious, we know you'll love this sausage dish as much as we do!

Prep
30 min

level 1



Mild Italian Sausage



Israeli Couscous



Onion



Garlic



White Mushrooms



Baby Spinach



Parmesan
Cheese



Chicken Broth
Concentrate



Oregano

Ingredients

		4 People	*Not Included
Mild Italian Sausage, uncased		2 pkg (500 g)	
Israeli Couscous	1)	2 pkg (340 g)	Allergens 1) Wheat/Blé
Onion, diced		2 pkg (227 g)	2) Milk/Lait
Garlic		2 pkg (20 g)	
White Mushrooms		1 pkg (340 g)	
Baby Spinach		1 pkg (250 g)	
Oregano		1 pkg (7 g)	
Parmesan Cheese	2)	1 pkg (1/2 cup)	Tools Large Pot, Measuring
Chicken Broth Concentrates		2 pkg	Spoons, Measuring Cup
Olive or Canola Oil*		2 pkg	

Ruler

Nutrition per person Calories: 879 cal | Fat: 47 g | Protein: 37 g | Carbs: 82 g | Fibre: 7 g | Sodium: 1373 mg

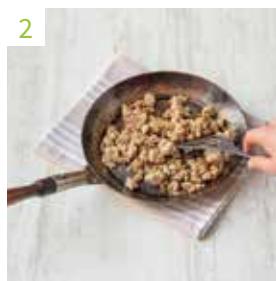
Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

1



1 Prep: Wash and dry all produce. Mince the **garlic**. Finely chop **2 tsp oregano leaves**. Thinly slice the **mushrooms**.

2



2 Brown the sausage: Heat a large pot (or an extra-large frying pan, if you have one) over medium heat. Add a drizzle of **oil**, then the **sausage meat** and **onion**. Cook, breaking up the pieces with a spatula, until no pink remains, 3-4 min.

3



3 Add the **mushrooms, oregano** and **garlic** to the pan. Cook, stirring often, until the mushrooms soften, 3-4 min.

4 Add the **Israeli couscous**. Stir until the couscous starts to toast, 1-2 min. Stir in the **broth concentrates** and **2 cups water**. Bring to a simmer and cook, stirring occasionally, until the couscous is al dente and all of the liquid is absorbed, 5-6 min.

5 Add the **spinach** to the pot and cook, stirring, until wilted, 1-2 min. Season with **salt** and **pepper**.

6 Finish and serve: Stir the **Parmesan** into the **Israeli couscous** and divide between bowls. Enjoy!

SERVING TIP: We love that this meal is made in one pot, but if the kids don't like spinach, cook the spinach in a separate pan with a drizzle of oil!

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