



OCT  
2016

## Italian Sausage and Mushrooms

with Israeli Couscous, Spinach, and Parmesan Cheese

Who has time to clean loads of pots and pans on busy weeknights? We sure don't, which is why one-pan dinners are our go-to. All you have to do for this recipe is quickly sear the sausage, add the aromatics, toss in the Israeli couscous, and sneak in some spinach at the end. It's ridiculously simple, and your kids will love it. Doesn't get much better than that.



**Prep:** 10 min  
**Total:** 30 min



level 1



nut  
free



Sweet Italian Sausage



Israeli Couscous



Spinach



Yellow Onion



Garlic



Button Mushrooms



Dried Oregano



Parmesan Cheese



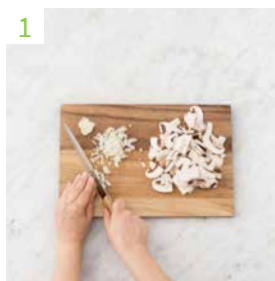
Chicken Stock Concentrates

## Ingredients

	4 People	
Sweet Italian Sausage	18 oz	*Not Included
Israeli Couscous	1½ Cups	<b>Allergens</b>
Spinach	10 oz	1) Wheat
Yellow Onion	1	2) Milk
Garlic	2 Cloves	
Button Mushrooms	8 oz	
Dried Oregano	1 t	
Parmesan Cheese	½ Cup	
Chicken Stock Concentrates	2	<b>Tools</b>
Olive Oil*	2 t	Large pan

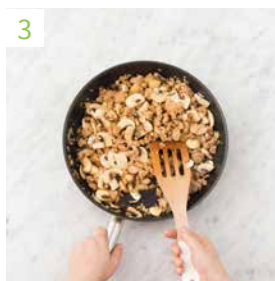
**Nutrition per person** Calories: 708 cal | Fat: 35 g | Sat. Fat: 13 g | Protein: 39 g | Carbs: 63 g | Sugar: 5 g | Sodium: 931 mg | Fiber: 6 g

1



**1 Prep: Wash and dry all produce.** Halve, peel, and finely chop the **onion**. Thinly slice the **mushrooms** and **garlic**.

3



**2 Cook the sausage:** Heat a large drizzle of **olive oil** in a large pan over medium-high heat. Add the **sausage**. Break up the meat into pieces until browned, about 3-4 minutes.

**3 Cook the mushrooms, onions, and garlic:** Add the **mushrooms, onions, and garlic** to the pan. Stir and toss, 3-4 minutes, until softened.

4



**4 Cook the couscous:** Add the **oregano** to the pan along with **3 cups water** and the **stock concentrates**. Bring to a simmer, and add the **Israeli couscous**. Cook about 15 minutes, uncovered, until the Israeli couscous is done. **TIP:** If the liquid absorbs before the Israeli couscous is done, add a bit more water.

**5 Wilt the spinach:** Once the **Israeli couscous** is al dente, stir in the **spinach** a little bit at a time until it wilts. Season with **salt** and **pepper**.

5



**6 Finish:** Stir the **Parmesan cheese** into the pan. Divide between bowls and enjoy!

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