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## HELLO

## **CREAM SAUCE**

This rich mother sauce is a perfect base for couscous.

# **LEMON-DILL CHICKEN SAUSAGE COUSCOUS**

with Zucchini



PREP: 10 MIN COOK: 35 MIN CALORIES: 900



## A LIGHT TOUCH

Fluffing couscous with a fork before combining with sausage in Step 5 helps the pearly grains keep their texture, yielding lighter results.

## **BUST OUT**

- Zester
  Large pan
- Small pot
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)
- Butter (1 TBSP | 2 TBSP)
  Contains: Butter

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



## 1 PREP

- Wash and dry produce.
- Trim and halve zucchini lengthwise; cut crosswise into ½-inch-thick halfmoons. Peel, halve, and finely dice onion. Peel and mince or grate garlic.
   Pick fronds from dill and finely chop half; reserve remaining for serving.
   Zest and guarter lemon.



#### 2 COOK COUSCOUS

- In a small pot, bring couscous and 1½ cups water (2¼ cups for 4 servings) to a boil. Once boiling, cover and reduce heat to low; cook until al dente, 6-8 minutes.
- Keep covered off heat until ready to use in Step 5.



# **3 COOK ZUCCHINI**

- Heat a drizzle of oil in a large pan over medium-high heat. Add zucchini and cook, stirring occasionally, until lightly browned and softened, 5-6 minutes. Season with salt and pepper.
- Transfer to a plate and set aside.



# 4 COOK SAUSAGE & SAUCE

- Heat a drizzle of oil in same pan over medium-high heat. Add onion, garlic, and sausage\*. Cook, breaking up meat into pieces and stirring occasionally, until onion is softened and sausage is cooked through, 6-8 minutes.
- Stir in cream sauce base, stock concentrates, cream cheese, chopped dill, juice from half the lemon, and ½ cup water (1 cup for 4 servings).
   Cook, stirring occasionally, until sauce has thickened, 3-4 minutes more.



**5 FINISH COUSCOUS** 

- Add couscous and zucchini to pan with sausage mixture. Cook, stirring, until combined, 1-2 minutes.
- Turn off heat; stir in **1 TBSP butter** (2 TBSP for 4 servings) until melted and combined. Taste and season with **salt** and **pepper**.



6 SERVE

• Divide couscous between plates or bowls. Sprinkle with lemon zest and remaining dill. Serve with remaining lemon wedges on the side.

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