



# ONE-POT CHICKEN SAUSAGE & KALE SOUP

with Couscous & Garlic Ciabatta Toasts

## INGREDIENTS

2 PERSON | 4 PERSON



3 oz | 6 oz  
Carrot



1 | 1  
Onion



4 oz | 4 oz  
Kale



1 Clove | 2 Cloves  
Garlic



9 oz | 18 oz  
Italian Chicken Sausage Mix



1 TBSP | 1 TBSP  
Italian Seasoning



2 | 4  
Chicken Stock Concentrates



2.5 oz | 2.5 oz  
Israeli Couscous  
Contains: Wheat



1 | 2  
Ciabatta  
Contains: Soy, Wheat



1 tsp | 1 tsp  
Garlic Powder



3 TBSP | 3 TBSP  
Parmesan Cheese  
Contains: Milk



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HELLO

### ISRAELI COUSCOUS

These tiny pasta pieces become pleasantly chewy once cooked.



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 740



## FOND OF FOND

When stirring in stock in Step 4, scrape up any browned bits (aka fond) on the bottom of the pan. It's an easy way to enhance flavor!

## BUST OUT

- Peeler
- Large pot
- Kosher salt
- Black pepper
- Olive oil (**1 TBSP** | **1 TBSP**)
- Butter (**1 TBSP** | **2 TBSP**)  
Contains: Milk

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### 1 PREP

- Bring **1 TBSP butter** (2 TBSP for 4 servings) to room temperature. **Wash and dry produce.**
- Trim, peel, and cut **carrot** into a small dice. Halve, peel, and finely chop **onion**. Remove and discard any large stems from **kale**. Peel and thinly slice **garlic**.



### 2 COOK SAUSAGE

- Heat a **drizzle of olive oil** in a large pot over medium-high heat.
- Add **sausage\*** and cook, breaking up meat into pieces, until browned, 4-6 minutes (**it'll finish cooking in the next step**).



### 3 COOK VEGGIES

- Add a **large drizzle of olive oil** to pot with **sausage**.
- Stir in **carrot, onion, kale**, and a **big pinch of salt**. Cook, stirring occasionally, until veggies are just softened and sausage is cooked through, 5-7 minutes.



### 4 SIMMER SOUP

- Add **garlic** and **half the Italian Seasoning** (all for 4 servings) to pot. Cook, stirring, until fragrant, 1 minute.
- Stir in **stock concentrates** and **3½ cups warm water** (6 cups for 4), scraping up any browned bits from bottom of pot.
- Add **half the couscous** (all for 4), then cover and bring to a boil. Once boiling, immediately reduce heat to low. Simmer until couscous is al dente, 7-9 minutes.



### 5 MAKE GARLIC TOASTS

- Meanwhile, halve and toast **ciabatta**.
- Spread cut sides of ciabatta with **softened butter**. (**TIP: If butter is not yet softened, place in a small microwave-safe bowl; microwave until softened, 5-10 seconds.**) Evenly sprinkle with **garlic powder**. Season with **salt** and **pepper**. Slice each ciabatta half on a diagonal to create triangles.



### 6 FINISH & SERVE

- Stir **half the Parmesan** into **soup** until melted. Season with **plenty of salt and pepper**.
- Divide soup between bowls and sprinkle with remaining Parmesan. Serve with **garlic toasts** on the side.

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