



LEMON-DILL CHICKEN SAUSAGE COUSCOUS

with Zucchini

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Onion



4 oz | 8 oz
Cream Sauce Base
Contains: Milk



¼ oz | ½ oz
Dill



9 oz | 18 oz
Italian Chicken
Sausage Mix



1 | 2
Lemon



5 oz | 7½ oz
Israeli Couscous
Contains: Wheat



1 | 2
Zucchini



2 Clove(s) | 4 Clove(s)
Garlic



2 | 4
Chicken Stock
Concentrates



2 TBSP | 4 TBSP
Cream Cheese
Contains: Milk



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10 oz | 20 oz
Chopped Chicken
Breast

Calories: 770



10 oz | 20 oz
Shrimp
Contains: Shellfish

Calories: 710



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 850



HELLO

ITALIAN CHICKEN SAUSAGE MIX

Our savory, herbaceous, garlicky chicken sausage pairs perfectly with tender zucchini.

A LIGHT TOUCH

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

BUST OUT

- Small pot
- Zester
- Large pan
- Kosher Salt
- Cooking Oil
- Black Pepper
- Butter
Contains: Milk

MORE IS MORE

For **2X protein or veggies**, cook in batches or larger cooking vessels (this may require longer cook times—follow the visual and temperature cues). For **3 servings**, reduce the seasoning (and any other ingredients for the protein) by a quarter if the protein is less than the 4-serving amount. For **6 servings**, simply triple the 2-serving recipe.

For HelloCustom nutritional information, please refer to HelloFresh.com.

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1 PREP

- **Wash and dry produce.**
- Trim and halve **zucchini** lengthwise; cut crosswise into ½-inch-thick half-moons. 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 quarter **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, ½ cup water (1 cup for 4 servings)**, and **juice from half the lemon**. 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.

- 🍤 Rinse **shrimp*** under cold water, then pat dry with paper towels or open package of **chicken*** and drain off any excess liquid. Season shrimp or chicken with **salt** and **pepper**. Swap in shrimp or chicken for sausage. Cook, stirring occasionally, until onion is softened and shrimp or chicken are cooked through, 4-6 minutes.

*Poultry is fully cooked when internal temperature reaches 165°.

🍤 *Shellfish is fully cooked when internal temperature reaches 145°.