



SAGE BROWN BUTTER STUFFED SQUASH

with Kale, Apple & Raisin Couscous

NEW!

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Delicata Squash



¾ Cup | 1½ Cups
Israeli Couscous
Contains: Wheat



¼ oz | ½ oz
Sage



2 | 4
Veggie Stock
Concentrates



1 | 2
Apple



1 | 2
Lemon



1 oz | 2 oz
Golden Raisins



4 oz | 8 oz
Kale



1 | 1
Shallot



4 TBSP | 8 TBSP
Cream Cheese
Contains: Milk



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!



HelloCustom

If you chose to modify your meal, follow the
HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Chicken Breast
Strips

Calories: 1060



9 oz | 18 oz
Italian Chicken
Sausage Mix

Calories: 1120



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 860



HELLO

DELICATA SQUASH

Sweet and earthy winter squash, with thin edible skin

BUTTER UP

To make it easier to check your brown butter in Step 4, use a light-colored pan or scoop up the butter with a metal spoon so you can see its color.

BUST OUT

- Baking sheet
- Medium pot
- Zester
- Small pan
- Small bowl
- Paper towels
- Plastic wrap
- Large pan

- Kosher salt
- Black pepper
- Cooking oil (3 tsp | 5 tsp | 1 tsp | 1 tsp)
- Butter (4 TBSP | 8 TBSP)
Contains: Milk

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

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



1 ROAST SQUASH

- Adjust rack to top position and preheat oven to 450 degrees. **Wash and dry produce.**
- Halve **squash** lengthwise; scoop out and discard seeds with a spoon.
- Place squash on a baking sheet; drizzle each half with **oil** and rub to evenly coat. Season generously with **salt** and **pepper**, then arrange cut sides down. Roast on top rack until browned and tender, 25-30 minutes.

- Pat **chicken*** dry with paper towels and season with **salt** and **pepper**. Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken or **sausage***; cook, stirring frequently, until browned and cooked through, 4-6 minutes.



4 FINISH COUSCOUS

- Melt **3 TBSP butter** (6 TBSP for 4 servings) in a small pan over medium-high heat. Add **chopped sage** and cook, stirring, until butter is foamy and flecked with amber brown bits, 1-2 minutes. Remove pan from heat.
- Stir **sage brown butter**, **half the lemon zest**, and a **pinch of salt** into pot with **couscous mixture**; set aside. Wipe out pan.

- Stir **chicken** or **sausage** into pot with **couscous mixture**.



2 PREP & SOAK RAISINS

- Zest and quarter **lemon**. Halve, peel, and thinly slice **half the shallot** (all for 4 servings). Remove and discard any large stems from **kale**; roughly chop into bite-size pieces. Halve, core, and dice **apple** into ¼-inch pieces. Pick **sage leaves** from stems; chop leaves until you have 2 tsp (4 tsp for 4).
- In a small microwave-safe bowl, combine **raisins** and **juice from half the lemon**. Cover with plastic wrap and microwave until softened, 20-30 seconds. Set aside, still covered, until ready to use.



5 MAKE SAUCE

- Heat pan used for brown butter over medium heat. Add **¼ cup water**, (**½ cup for 4 servings**), **cream cheese**, **reserved raisin soaking liquid**, **remaining lemon zest**, and **remaining stock concentrates**. Cook, stirring constantly, until thickened and combined, 2-3 minutes. Stir in **1 TBSP butter** (2 TBSP for 4) until melted; season with **salt** and **pepper** to taste.



3 START COUSCOUS

- Heat a **drizzle of oil** in a medium pot over medium-high heat. Add **shallot** and cook, stirring, until softened and lightly browned, 1-3 minutes.
- Add **kale** and a **splash of water**. Cook, stirring occasionally, until kale is slightly wilted, 1-3 minutes. Season generously with **salt** and **pepper**.
- Add **couscous**, **1 cup water** (1½ cups for 4 servings), and **half the stock concentrates** (you'll use the rest later). Bring to a boil, then cover and reduce heat to low. Cook until couscous is tender, 6-8 minutes. Drain any excess liquid if necessary.
- Once couscous is done, stir in **apple**, **raisins** (reserve soaking liquid for Step 5), and a **squeeze of lemon juice** to taste. Season with **salt** and **pepper**. Keep covered off heat.



6 FINISH & SERVE

- Once **squash** is tender, remove from oven. Carefully flip squash and stuff with as much **couscous filling** as will fit.
- Divide any remaining couscous filling between plates. Top with **stuffed squash** and drizzle with **lemon cream sauce**. Serve with any **remaining lemon wedges** on the side.