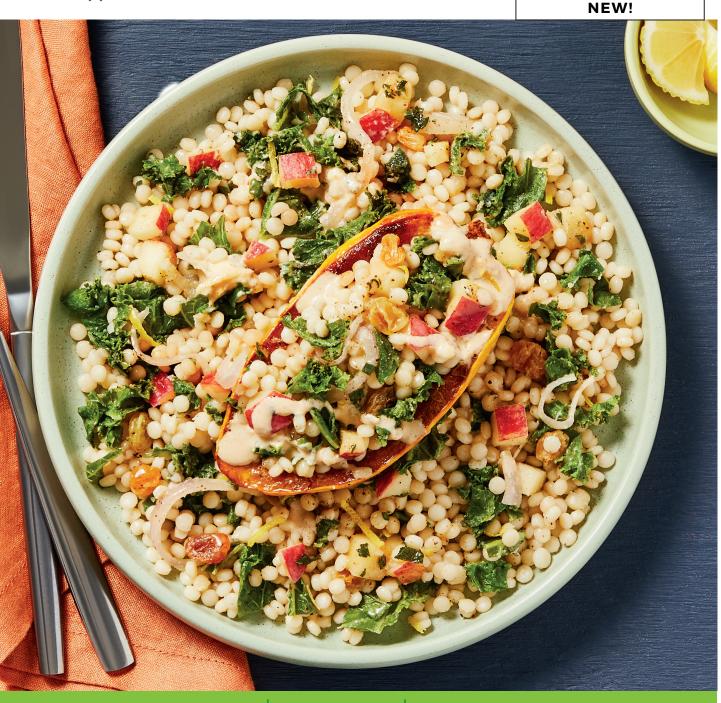


# SAGE BROWN BUTTER STUFFED SQUASH

with Kale, Apple & Raisin Couscous



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

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## **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**

<ul> <li>Baking sheet</li> </ul>	<ul> <li>Medium pot</li> </ul>
• 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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S\*Chicken is fully cooked when internal temperature reaches 165

😔 \*Chicken Sausage is fully cooked when internal emperature 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 6 season with salt and pepper. Heat Ø 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



#### **2 PREP & SOAK RAISINS**

- Zest and guarter lemon. Halve, peel, and thinly slice half the shallot (all for 4 servings). Remove and discard any large stems from kale; roughly chop into bitesize pieces. Halve, core, and dice apple into 1/4-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.



## **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 (11/2 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.



## **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 Ø Ø couscous mixture.



## **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.



## **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.