



SWEET ITALIAN SAUSAGE

with Couscous and Spinach

PREP: 10 MIN
TOTAL: 30 MIN

LEVEL 1

NUT FREE



HELLO

ITALIAN SAUSAGE

Seasoned with sweet aromatics

INGREDIENTS:

- Yellow Onion
- Button Mushrooms
- Garlic
- Sweet Italian Sausage
- Oregano
- Chicken Stock Concentrate
- Israeli Couscous (Contains: Wheat)
- Baby Spinach
- Parmesan Cheese (Contains: Milk)

FOR 2 PEOPLE:

- 1
- 4 oz
- 2 Cloves
- 9 oz
- ¼ oz
- 1
- ¾ Cup
- 5 oz
- ¼ Cup

FOR 4 PEOPLE:

- 2
- 8 oz
- 4 Cloves
- 18 oz
- ¼ oz
- 2
- 1½ Cups
- 10 oz
- ½ Cup

NUTRITION PER SERVING

749 cal | Fat: 26 g | Sat. Fat: 10 g | Protein: 38 g | Carbs: 68 g | Sugar: 5 g | Sodium: 1013 mg | Fiber: 8 g

START STRONG

Sometimes, couscous may absorb all of its soaking liquid before it becomes completely al dente. If this happens, simply add a splash of water to keep things simmering.



BUST OUT

- Medium pot
- Medium pan
- Olive oil (2 tsp | 4 tsp)

1 PREP

Wash and dry all produce. Halve, peel, and finely chop **onion**. Thinly slice **mushrooms** and **garlic**. Thinly slice **sausage** into rounds.

2 COOK SAUSAGE

Heat a drizzle of **olive oil** in a medium pot over medium-high heat. Add **sausage** to the pot and sear until browned, 1-2 minutes per side.

3 COOK VEGGIES

Add **mushrooms, onion,** and half the **garlic** to pot and cook until softened, 3-4 minutes, tossing.



4 SIMMER COUSCOUS

Add **oregano, 1½ cups water,** and **stock concentrate** to pot. Bring to a simmer and stir in **couscous**. Let simmer uncovered until couscous is al dente, about 15 minutes. **TIP:** Add a splash of water if **couscous** absorbs all liquid before al dente.

5 WILT SPINACH

Heat a drizzle of **olive oil** in a medium pan over medium heat. Toss in remaining **garlic** and cook until fragrant, 30 seconds. Add **spinach** and toss until wilted, 3-4 minutes, until wilted. Season with **salt** and **pepper**.

6 FINISH AND PLATE

Stir **Parmesan cheese** into **couscous** to melt. Divide couscous between bowls and top with the **spinach**.

SUPERB!

Sausage and couscous are a textural treat together.