



KALE, CRANBERRY & WALNUT STUFFED DELICATA SQUASH

with Parmesan & Creamy Lemon Thyme Couscous

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2

Delicata Squash



1 | 1

Yellow Onion



1 Clove | 2 Clove
Garlic



¼ oz | ¼ oz
Thyme



1 | 1

Lemon



4 oz | 4 oz
Kale



¾ Cup | 1½ Cups
Israeli Couscous
Contains: Wheat



1 | 2
Veggie Stock
Concentrate



2 TBSP | 4 TBSP
Cream Cheese
Contains: Milk



1.16 oz | 2.32 oz
Ocean Spray®
Craisins® Dried
Cranberries



½ Cup | ½ Cup
Parmesan Cheese
Contains: Milk



½ oz | 1 oz
Walnuts
Contains: Tree Nuts

HELLO

DELICATA SQUASH

Ideal for roasting, with sweet, buttery flesh and tender, edible skin



PREP: 10 MIN | COOK: 45 MIN | CALORIES: 670



Since 1930

OCEAN SPRAY® CRAISINS® DRIED CRANBERRIES

Delicious Ocean Spray® Craisins® Dried Cranberries are made from sustainably grown cranberries and are supercharged with antioxidants.



THYME ON YOUR HANDS

To prep your thyme in no time, pinch the stem near the top with one hand, then pull down with your other hand against the direction the leaves grow in. The leaves should pop right off!

BUST OUT

- Baking sheet
- Medium pot
- Kosher salt
- Black pepper
- Olive oil (2 tsp | 4 tsp)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

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1 ROAST SQUASH

- Adjust rack to top position and preheat oven to 450 degrees. **Wash and dry all produce.**
- Halve **squash** lengthwise; scoop out seeds with a spoon and discard. Place squash on a baking sheet; drizzle each half with **olive 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.



4 COOK COUSCOUS

- Add **couscous**, $\frac{3}{4}$ cup **water** (1½ cups for 4 servings), and **stock concentrate** to pot with **kale mixture**. 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.
- Stir in **cream cheese**, **cranberries**, and a squeeze of **lemon juice** to taste. Season with **salt** and **pepper**. Keep covered off heat until ready to stuff squash.



2 PREP

- While squash roasts, halve, peel, and finely dice **onion**. Peel and mince **garlic**. Strip **thyme leaves** from stems; mince leaves until you have 2 tsp (4 tsp for 4 servings). Remove and discard any large stems from **kale**; chop into bite-size pieces if necessary. Quarter **lemon**.



5 STUFF & FINISH SQUASH

- Once **squash** is tender, remove from oven; heat broiler to high.
- Carefully flip squash cut sides up and stuff with as much **couscous filling** as will fit, saving any remaining filling for serving. Top **stuffed squash** with **Parmesan**.
- Broil until cheese is melted and lightly browned, 2-3 minutes. **TIP: Watch carefully to avoid burning.**



3 COOK VEGGIES

- Melt **1 TBSP butter** in a medium pot over medium-high heat (**melt 2 TBSP butter in a large pot for 4 servings**). Add **onion**; cook until slightly softened and lightly browned, 3-4 minutes.
- Stir in **garlic** and **minced thyme**; cook until fragrant, 30 seconds.
- Add **kale** and a splash of **water**. Cook, stirring occasionally, until kale is slightly wilted, 3-4 minutes. Season generously with **salt** and **pepper**.



6 SERVE

- Divide any remaining **filling** between plates. Top with **stuffed squash**. Sprinkle with **walnuts**. Serve with any remaining **lemon wedges** on the side.