



# PORK SAUSAGE OVER AUTUMN APPLE-PARSNIP PILAF

drizzled with a Creamy Lemon Pepper Sauce

## INGREDIENTS

2 PERSON | 4 PERSON



¼ oz | ¼ oz  
Thyme



6 oz | 12 oz  
Parsnip



1 | 2  
Apple



1 | 1  
Red Onion



¼ oz | ¼ oz  
Parsley



½ Cup | 1 Cup  
Bulgur Wheat  
Contains: Wheat



1 | 2  
Chicken Stock  
Concentrate



1 TBSP | 2 TBSP  
Smoky Cinnamon  
Paprika Spice



9 oz | 18 oz  
Italian Pork  
Sausage



1 | 1  
Lemon



2 TBSP | 4 TBSP  
Sour Cream  
Contains: Milk

## HELLO

### BULGUR WHEAT

This chewy, earthy ancient grain is simmered with smoky-warm spices, then topped with roasted apple, parsnip, and onion for ultimate autumnal flavor.



PREP: 15 MIN | COOK: 40 MIN | CALORIES: 720



### THYME SAVER

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

- Peeler
- Small pot
- Baking sheet
- Zester
- Small bowl
- Large bowl
- Kosher salt
- Black pepper
- Olive oil (2 tsp | 2 tsp)

### GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh

(646) 846-3663  
HelloFresh.com



### 1 PREP

- Adjust rack to top position (top and middle positions for 4 servings) and preheat oven to 425 degrees. Wash and dry all produce.
- Reserve a couple of thyme sprigs for the next step. Strip leaves from remaining stems until you have 1 tsp (2 tsp for 4); mince leaves. Trim, peel, and cut parsnip into 1/2-inch pieces. Halve, core, and slice apple into 1/2-inch-thick wedges. Halve, peel, and cut half the onion into 1/2-inch-thick wedges (whole onion for 4). Mince parsley.



### 4 MAKE SAUCE

- Meanwhile, zest and quarter lemon.
- In a small bowl, combine sour cream, a squeeze of lemon juice, a pinch of lemon zest, and a big pinch of pepper. Add water 1 tsp at a time until mixture reaches a drizzling consistency. Season with salt.



### 2 COOK BULGUR

- In a small pot, combine bulgur, stock concentrate, reserved thyme sprigs, 1 cup water, half the Cinnamon Paprika Spice (you'll use the rest in the next step), 1/2 tsp salt, and a pinch of pepper. (For 4 servings, use 2 cups water and 1 tsp salt.)
- Bring to a boil, then cover and reduce to a low simmer. Cook until water has absorbed and bulgur is tender, 12-15 minutes. Keep covered off heat.



### 5 FINISH BULGUR

- Once everything is done roasting, carefully transfer sausage to a cutting board to rest.
- Transfer parsnip, apple, onion, and any juices on sheet to a large bowl. TIP: Those roasty juices add so much flavor to the dish.
- Add bulgur, half the parsley, remaining lemon zest, a drizzle of olive oil, and a couple big squeezes of lemon juice. Stir gently to combine. Season with salt and pepper.



### 3 ROAST

- While bulgur cooks, toss parsnip, apple, and onion on a baking sheet with a drizzle of olive oil, minced thyme, remaining Cinnamon Paprika Spice, and a big pinch of salt and pepper. (For 4 servings, divide between two sheets; roast on top and middle racks.)
- Roast on top rack for 5 minutes, then remove sheet from oven. Carefully add sausage\* to same sheet. (For 4, divide sausage between both sheets; once added, swap rack positions halfway through remaining roasting time.)
- Return to oven until sausage is cooked through and veggies are browned and tender, 15-20 minutes more.



### 6 FINISH & SERVE

- Thinly slice sausage on a diagonal.
- Divide bulgur mixture between plates and top with sliced sausage. Drizzle with sauce and sprinkle with remaining parsley. Serve with any remaining lemon wedges on the side.

\* Pork Sausage is fully cooked when internal temperature reaches 160°.