



Sausage Risotto-Style Couscous

with Peas and Roasted Cauliflower

Family Friendly

35 Minutes



Mild Italian Sausage, uncased



Pearl Couscous



Garlic, cloves



Chicken Broth Concentrate



Green Peas



Cauliflower, florets



Parmesan Cheese, shredded



White Wine Vinegar



Shallot



Italian Seasoning



Carrot

HELLO PEARL COUSCOUS

This pasta is larger than traditional couscous!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust out

Baking sheet, vegetable peeler, measuring spoons, slotted spoon, medium pot, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Mild Italian Sausage, uncased	250 g	500 g
Pearl Couscous	¾ cup	1 ½ cups
Garlic, cloves	2	4
Chicken Broth Concentrate	1	2
Green Peas	56 g	113 g
Cauliflower, florets	285 g	570 g
Parmesan Cheese, shredded	¼ cup	½ cup
White Wine Vinegar	1 tbsp	2 tbsp
Shallot	50 g	100 g
Italian Seasoning	1 tbsp	2 tbsp
Carrot	170 g	340 g
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Roast cauliflower

Cut **cauliflower** into bite-sized pieces. Add **cauliflower**, **1 tbsp oil** (dbl for 4 ppl) and **half the Italian Seasoning** to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat. Roast in the **middle** of the oven until golden-brown and tender, 14-16 min.



Start risotto

Reduce heat to medium, then add **carrots**, **peas** and **shallots** to the same pan. Cook, stirring occasionally, until softened, 3-4 min. Add **couscous**, **garlic**, **vinegar** and **remaining Italian Seasoning**. Cook, stirring often, until **garlic** is fragrant and **couscous** is toasted, 1-2 min. Add **1 cup broth**. Cook, stirring often, until **broth** has been absorbed by **couscous**. Continue adding **broth**, 1 cup at a time, stirring often, until **liquid** is absorbed, texture is creamy and **couscous** is tender, 11-15 min (15-18 min for 4 ppl).



Prep

While **cauliflower** roasts, combine **2 ½ cups water** (dbl for 4 ppl) and **broth concentrate** in a medium pot. Bring to a gentle boil over medium heat. While the **broth** comes to a boil, peel, then cut **carrot** into ¼-inch pieces. Peel, then cut **shallot** into ¼-inch pieces. Peel, then mince or grate **garlic**.



Finish risotto

After the last cup of **broth** has been stirred in and absorbed, stir in **sausage**, **half the Parmesan** and **1 tbsp butter** (dbl for 4 ppl). Season with **salt** and **pepper**.



Cook sausage

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **sausage**. Cook, breaking up **sausage** into smaller pieces, until no pink remains, 4-5 min. ** Season with **salt** and **pepper**. Using a slotted spoon, transfer **sausage** to a plate.



Finish and serve

Divide **risotto** between bowls. Top with **roasted cauliflower**, then sprinkle over **remaining Parmesan**.

Dinner Solved!