

Hello
FRESH

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Seared Honey-Garlic Sausages

with Springtime Veggie Succotash and Israeli Couscous

Succotash is a hearty Southern vegetable dish that traditionally contains corn and lima beans. We're switching up the beans for edamame, and tossing it up with bell peppers and Israeli couscous! Seared honey-garlic sausage pairs perfectly with this vegetable medley.

 Prep
30 min



Honey-Garlic
Sausage



Israeli Couscous



Red Bell Pepper



Corn-Edamame
Blend



Asparagus



Red Onion



Garlic



Balsamic Vinegar



Honey



Vegetable Broth
Concentrate

Ingredients

Honey-Garlic Sausage		2 pkg (500 g)
Israeli Couscous	2)	1 pkg (170 g)
Red Bell Pepper		1
Corn-Edamame Blend		1 pkg (2 cups)
Asparagus		1 pkg (170 g)
Red Onion, chopped		1 pkg (113 g)
Garlic		2 pkg (20 g)
Balsamic Vinegar	1)	1 bottle (2 tbsp)
Honey		1 pkg (1 tbsp)
Vegetable Broth Concentrate		1 pkg
Butter*	3)	1 tbsp
Olive or Canola Oil*		

*Not Included

Allergens

- 1) Sulphites/Sulfites
- 2) Wheat/Blé
- 3) Milk/Lait

Tools

Medium Pot, Large Non-Stick Pan, Measuring Cups, Strainer

Nutrition per person Calories: 743 cal | Fat: 47 g | Protein: 29 g | Carbs: 58 g | Fibre: 6 g | Sodium: 1041 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ruler

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1 Prep: Wash and dry all produce. Bring a medium pot of **salted water** to a boil. Core and cut the **bell pepper** into ½-inch cubes. Cut the **asparagus** into 2-inch pieces. Mince or grate the **garlic**.



2 Brown the corn and edamame: Meanwhile, heat a large non-stick pan over medium-high heat. Add the **corn-edamame blend** to the dry pan. Cook, stirring occasionally, until golden-brown, 6-7 min. Transfer to a plate.



3 Cook the sausages: Add a drizzle of **oil** to the same pan, then the **sausages**. Cook, turning the sausages occasionally until evenly browned all over, 1-2 min per side. Transfer to a plate. (Don't worry if the sausages are not cooked through at this step!)



4 Make the succotash: Reduce the heat to medium. Add the **butter**, then the **onion** and **garlic**. Cook, stirring often, until the onion is softened, 3-4 min. Stir in the **asparagus, bell pepper, corn-edamame blend, vinegar, honey, broth concentrate** and **½ cup water**. Nestle the **sausages** in the **veggie mixture**. Cover with a lid, and cook until the asparagus is tender and the sausages are cooked through, 7-8 min. (**TIP:** Inserting a thermometer into cooked meat should display an internal temperature of 160°F.)

5 Cook the couscous: Meanwhile, add the **couscous** to the boiling water. Cook until the couscous is tender, 7-8 min. Drain and rinse under tap water (this will keep it from sticking). Stir the couscous into the **succotash**.

6 Finish and serve: Thinly slice the **sausages** at an angle and serve on a mound of **succotash**. Enjoy!

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