



OCT
2016

Italian Sausage and Mushrooms

with Israeli Couscous, Spinach, and Parmesan Cheese

If you're a fan of Israeli couscous, then you'll love this dish. This pearly pasta is tossed with mushrooms, topped with spinach, and held together with creamy Parmesan cheese. Needless to say, this dish has comfort food written all over it.



Prep: 10 min
Total: 30 min



level 1



nut
free



Sweet Italian Sausage



Israeli Couscous



Spinach



Yellow Onion



Garlic



Button Mushrooms



Dried Oregano



Parmesan Cheese



Chicken Stock Concentrate

Ingredients

	2 People	4 People	
Sweet Italian Sausage	9 oz	18 oz	*Not Included
Israeli Couscous	1) ¾ Cup	1½ Cups	Allergens
Spinach	5 oz	10 oz	1) Wheat
Yellow Onion	1	1	2) Milk
Garlic	1 Clove	2 Cloves	
Button Mushrooms	4 oz	8 oz	
Dried Oregano	1 t	1 t	
Parmesan Cheese	2) ¼ Cup	½ Cup	Tools
Chicken Stock Concentrate	1	2	2 Medium pans,
Olive Oil*	2 t	2 t	Medium pot

Nutrition per person Calories: 741 cal | Fat: 37 g | Sat. Fat: 14 g | Protein: 39 g | Carbs: 66 g | Sugar: 6 g | Sodium: 932 mg | Fiber: 7 g

2



1 Prep: Wash and dry all produce. Halve, peel, and finely chop the **onion**. Thinly slice the **mushrooms** and **garlic**.

3



2 Cook the sausage: Heat a drizzle of **olive oil** in a medium pan over medium-high heat. Add the **sausage**. Break up the meat into pieces until browned, about 3-4 minutes.

3 Cook the mushrooms, onions, and garlic: Add the **mushrooms**, **onions**, and **half the garlic** to the pan. Stir and toss, 3-4 minutes, until softened.

4



4 Cook the Israeli couscous: Add the **oregano** to a medium pot along with **1½ cups water** and the **stock concentrate**. Bring to a simmer, and add the **Israeli couscous**. Cook about 15 minutes, uncovered, until the Israeli couscous is done. **TIP:** If the liquid absorbs before the Israeli couscous is done, add a bit more water.

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

5



6 Finish: Stir the **Parmesan cheese** into the **Israeli couscous**. Divide between bowls, top with the **Italian sausage mixture** and the **sautéed spinach**, and enjoy!

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