



CHICKEN SAUSAGE, COUSCOUS & KALE SOUP

with Garlic Herb Ciabatta Toasts

INGREDIENTS

2 PERSON | 4 PERSON



3 oz | 6 oz
Carrot



1 | 1
Yellow Onion



4 oz | 4 oz
Kale



1 Clove | 2 Cloves
Garlic



9 oz | 18 oz
Italian Chicken Sausage Mix



1 TBSP | 1 TBSP
Italian Seasoning



2 | 4
Chicken Stock Concentrates



½ Cup | ½ Cup
Israeli Couscous
Contains: Wheat



1 | 2
Ciabatta Bread
Contains: Wheat



2 TBSP | 4 TBSP
Garlic Herb Butter
Contains: Milk



¼ Cup | ½ Cup
Parmesan Cheese
Contains: Milk

HELLO

ISRAELI COUSCOUS

A tiny toasted pasta that adds heft and delightfully chewy texture to this satisfying soup



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 750



THE MORE YOU KNOW

When stirring stock concentrates and water into your soup in step 4, we ask you to simultaneously scrape up any browned bits from the bottom of the pot. This process is known as *deglazing*, and those unassuming specks (aka *fond*) are full of rich, concentrated flavor. This easy trick adds so much savory depth to your dish.

BUST OUT

- Peeler
- Large pot
- Kosher salt
- Black pepper
- Olive oil (1 TBSP | 1 TBSP)

GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh

(646) 846-3663
HelloFresh.com



1 PREP

- Wash and dry all produce.
- Trim, peel, and cut **carrot** into a small dice. Halve, peel, and finely chop **onion**. Remove and discard any large ribs from **kale**. Peel and thinly slice **garlic**.



2 COOK SAUSAGE

- Heat a drizzle of **olive oil** in a large pot over medium-high heat.
- Add **sausage*** and cook, breaking up meat into pieces, until browned, 4-6 minutes (it'll finish cooking in the next step).



3 COOK VEGGIES

- Add a large drizzle of **olive oil** to pot with **sausage**.
- Stir in **carrot, onion, kale**, and a big pinch of **salt**. Cook, stirring occasionally, until veggies are just softened and sausage is cooked through, 5-7 minutes.



4 SIMMER SOUP

- Add **garlic** and half the **Italian Seasoning** to pot. Cook, stirring, until fragrant, 1 minute.
- Stir in **stock concentrates** and **3½ cups warm water**, scraping up any browned bits from bottom of pot.
- Add half the **couscous**, then cover and bring to a boil. Once boiling, immediately reduce heat to low. Simmer until couscous is al dente, 7-9 minutes.
- **4 SERVINGS: Use all the Italian Seasoning, 6 cups warm water, and all the couscous.**



5 MAKE GARLIC TOASTS

- Meanwhile, halve and toast **ciabatta**.
- Spread **garlic herb butter** onto cut sides, then slice each half on a diagonal to create triangles.



6 FINISH & SERVE

- Stir half the **Parmesan** into **soup** until melted. Season with plenty of **salt** and **pepper**.
- Divide soup between bowls and sprinkle with remaining Parmesan. Serve with **garlic toasts** on the side.

* Chicken Sausage is fully cooked when internal temperature reaches 165°.