



**GREEN
CHEF**

PORK SAUSAGES WITH MUSHROOM SAUCE

roasted red pepper couscous, peas, Parmesan cheese

COOK TIME

35 MIN

SERVINGS

2

CALORIES PER SERVING

940

This mushroom sauce tastes like it's been simmering on the stove for hours, but thanks to our flavor-packed stock concentrate, it takes mere minutes to whip up! Stirred together with cream cheese, golden brown mushrooms, and butter, the succulent sauce is spooned over juicy roasted pork sausages for savory indulgence in every bite. To help you make the most of it, a bed of tender, roasted red pepper-studded toasted pearl couscous soaks up any extra sauce.

INGREDIENTS (11 ITEMS)

¼ oz	Garlic
½ cup	Toasted pearl couscous W
1 oz	Roasted red peppers
4 oz	Cremini mushrooms
1 whole	Yellow onion
3 whole	Italian pork sausages*
½ tsp	Italian seasoning
1 whole	Mushroom stock concentrate
1 oz	Cream cheese M
2½ oz	Peas
2 oz	Parmesan cheese M

WHAT YOU'LL NEED

small pot
large sauté pan
baking sheet
measuring cup & spoons
thermometer
oven mitt
cooking oil
4½ tbsp butter M
salt & pepper

ALLERGENS

W WHEAT

M MILK



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

*Sausages are fully cooked when internal temperature reaches 160 degrees.

Wash and dry fresh produce. Wash hands and surfaces after handling raw pork. Consuming raw or undercooked pork may increase your risk of foodborne illness. Go to [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 COOK COUSCOUS

- Preheat oven to 425 degrees.
- Mince **garlic**.
- Heat 1 tablespoon butter in a small pot. Add **toasted pearl couscous** and **garlic** to hot pot. Cook 1-2 minutes, or until garlic is fragrant, stirring frequently.
- Stir in **roasted red peppers**, 1¼ cups water, and about ½ teaspoon salt. Bring to a boil, then reduce heat to medium low. Simmer 11-14 minutes, or until couscous is al dente and water has absorbed. Remove from heat. (You'll finish the couscous in Step 5.)

COOKING FOR
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2 PREP

- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Halve or quarter **mushrooms**, depending on size.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Small dice remaining half into pieces, about ¼ inch each.

3 SEAR & ROAST SAUSAGES

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **Italian pork sausages** to hot pan. Sear 2-3 minutes, or until browned all over, turning occasionally.
- Transfer **sausages** to a lightly oiled, foil-lined baking sheet. Roast 6-8 minutes, or until fully cooked.

4 MAKE MUSHROOM SAUCE

- Heat about 1½ tablespoons butter in pan used for sausages over medium heat. Add **mushrooms** and **onion** to hot pan. Season with **Italian seasoning**, salt, and pepper. Cook 3-4 minutes, or until onion is translucent, stirring occasionally.
- Stir in ⅓ cup water and **mushroom stock concentrate**. Bring to a boil, then reduce heat to medium low. Simmer 2-4 minutes, or until liquid has reduced by about half, stirring occasionally.
- Remove from heat. Add **cream cheese** and 1 tablespoon butter. Season with about ¼ teaspoon salt and a pinch of pepper. Stir until cream cheese is incorporated and butter has melted.

5 FINISH COUSCOUS

- Add 1 tablespoon butter to pot with **couscous**. Stir until butter has melted.
- Add **peas** and about half of the **Parmesan cheese**. Stir to combine. Season with salt and pepper to taste.

6 PLATE YOUR DISH

- Cut **sausages** into 5-7 slices each.
- Divide **roasted red pepper couscous** between bowls. Fan **pork sausages** over top. Spoon **creamy mushroom sauce** over top. Garnish with remaining **Parmesan cheese**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (461g)

Amount per serving

Calories 940

	% Daily Value*
Total Fat 57g	73%
Saturated Fat 29g	145%
Trans Fat 1g	
Cholesterol 180mg	60%
Sodium 2300mg	100%
Total Carbohydrate 51g	19%
Dietary Fiber 5g	18%
Total Sugars 8g	
Includes 1g Added Sugars	2%
Protein 53g	
Vitamin D 0mcg	0%
Calcium 464mg	35%
Iron 5mg	30%
Potassium 545mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Italian Pork Sausages [pork, water, spices, salt, garlic, vinegar], **Cremini Mushrooms**, **Toasted Pearl Couscous** [pearled couscous (wheat flour)], **Mushroom Stock Concentrate** [mushroom juice concentrate, maltodextrin, salt, natural flavor, sugar, yeast extract, and xanthan gum], **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes], **Yellow Onion**, **Garlic**, **Peas** [peas], **Cream Cheese** [cultured pasteurized skim milk and cream, whey protein, milk proteins, less than 2% salt, inulin (natural dietary fiber), natural acids, xanthan, locust bean and guar gums, potassium sorbate (maintains freshness)], **Roasted Red Peppers** [bell pepper], **Italian Seasoning** [basil, rosemary, marjoram, oregano, thyme]

Allergen information:

Contains Milk And Wheat

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.