



In your box

6 oz. Pepper and Onion Mix
½ oz. Grated Parmesan Cheese
1 oz. Tuscan Herb Butter
2 tsp. Chicken Demi-Glace
8 fl. oz. Marinara Sauce
8 oz. Fully Cooked Couscous

Customize It Options

8 oz. Italian Pork Sausage Links
8 oz. Italian Pork Sausage Links—
Double Portion
12 oz. Ground Turkey

*Contains: milk, wheat

You will need

Salt, Pepper



Oven-Ready

Italian Sausage and Tomato Couscous

with peppers

NUTRITION per serving—Calories: 738, Carbohydrates: 58g, Fat: 43g, Protein: 29g, Sodium: 1798mg.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

25-35 min.

Cook Within

5 days

Difficulty Level

Easy

Spice Level

Not Spicy



Prepare the Ingredients

- Preheat oven to 425 degrees. When ingredient appears in recipe, remove from packaging. Thoroughly rinse any fresh produce and pat dry.
- Mix **couscous**, **pepper and onion mix**, **marinara**, **demi-glace**, and a pinch of **salt** and **pepper** in provided tray.



Add the Italian Sausage

- Remove **Italian sausage** from casing and crumble into bite-sized pieces. Top **couscous mixture** with sausage.
- *If using 16 oz. Italian sausage, follow same instructions. If using ground turkey, crumble into small pieces and follow same instructions.*



Bake the Dish

- Bake uncovered in hot oven until **Italian sausage** reaches a minimum internal temperature of 160 degrees, 20-22 minutes.
- *If using 16 oz. Italian Sausage, follow same instructions. If using ground turkey, bake uncovered in hot oven until ground turkey reaches a minimum internal temperature of 165 degrees, 20-22 minutes.*
- Carefully remove from oven. Stir in **butter** and half the **Parmesan**. Garnish with remaining Parmesan. Bon appétit!