

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.





Honey-Garlic



Balsamic Vinegar





Red Bell Pepper



Honey



Corn-Edamame



Asparagus



Red Onion





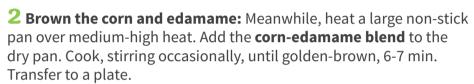
Ingredients		4 People	*Not Included	<u>-</u> -
Honey-Garlic Sausage		2 pkg (500 g)		.⊑
Israeli Couscous	2)	1 pkg (170 g)	Allergens	% ر
Red Bell Pepper		1	 Sulphites/Sulfites 	-72
Corn-Edamame Blend		1 pkg (2 cups)	2) Wheat/Blé	.⊑_
Asparagus		1 pkg (170 g)	3) Milk/Lait	4
Red Onion, chopped		1 pkg (113 g)		Ruler 0 in 1
Garlic		2 pkg (20 g)		~ 0
Balsamic Vinegar	1)	1 bottle (2 tbsp)	Tools	
Honey		1 pkg (1 tbsp)	Medium Pot, Large Non	-Stick
Vegetable Broth Concentrate		1 pkg	Pan, Measuring Cups, St	trainer
Butter*	3)	1 tbsp		

Olive or Canola Oil*

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.



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**.





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, cornedamame 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!