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## Spiced Fennel Sausages with Herbed Couscous, Chermoula Sauce and Yoghurt

Of all the delicious meats we get from our British butchers - Roaming Roosters - these spiced fennel sausages are by far André's favourite. Even though we all love a bit of potato with our sausages, we thought as it's spring, it's out with the old and in with the new. So, enjoy the sausages with this herby couscous and North African chermoula sauce.

30 mins

spicy



Couscous (¾ cup)



Red Onion (1)



Garlic Clove (1)



Orange Pepper (1)



Chermoula Spice Mix (2 tsp)



Tomato Passata (1 carton)



Tuscan Pork Sausage (4)



Mint (5 tbsp)



Flat Leaf Parsley (5 tbsp)



Lemon (1)



Natural Yoghurt (1 pot)

## Ingredients

	2 PEOPLE	ALLERGENS
Couscous	¾ cup	Gluten
Red Onion, chopped	1	
Garlic Clove, grated	1	
Orange Pepper, sliced	1	
Chermoula Spice Mix	2 tsp	
Tomato Passatta	1 carton	
Tuscan Pork Sausage	4	Sulphites
Mint, chopped	5 tbsp	
Flat Leaf Parsley, chopped	5 tbsp	
Lemon	1	
Yoghurt	1 pot	Milk

🌱 Our fruit and veggies come straight from the farm so give them a little wash before using

### Did you know...

Chermoula is made of a mixture of herbs, oil, lemon juice, pickled lemons, garlic, cumin, and salt.

**Nutrition per serving:** Calories: 702 kcal | Protein: 42 g | Carbs: 87 g | Fat: 23 g | Saturated Fat: 6 g



**1** Pre-heat your grill to medium-high. Pour the **couscous** into a heatproof bowl and season with ¼ tsp of **salt** and a good grind of **black pepper**. Stir in 1 tbsp of **oil** and then pour in 300ml of boiling **water**. Cover your bowl with a plate or clingfilm and leave for 10 mins.

**2** Cut the **red onion** in half through the root, peel and then chop into ½cm pieces (or as small as you can). Peel and grate the **garlic**. Remove the core from the **orange pepper** and thinly slice.



**3** Heat a saucepan over medium heat, add 1 tbsp of **oil** and add the chopped **onion**. Cook for 3 mins, then add the sliced **orange pepper** and cook for another 3 mins. Stir in the **garlic** and the **chermoula spice mix** and cook for a minute longer. Pour in the **tomato passata** and cook over a medium heat for 12 mins.

**4** While your sauce cooks, pop the **sausages** under your grill and cook for 8-10 mins on each side. They are cooked when the centre is no longer pink.

**5** Keep one eye on your **sausages** and get chopping the **mint** and **parsley**. Zest the **lemon** and stir the herbs and zest into your **couscous**. Squeeze in the juice of half the **lemon** and check the seasoning. Add more **salt** and **pepper** if you feel it needs it!



**6** Serve your **sausages** on a bed of **couscous** and finish with your chermoula spiced tomato sauce and a dollop of cooling **yoghurt**.



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