



DELICATA SQUASH STUFFED WITH COUSCOUS

Brussels Sprouts, Cranberries, and Parmesan

WHAT WE SEND (2 servings | 4 servings)

❄️ Keep refrigerated



Delicata Squash
(1 | 2)



Yellow Onion
(1 | 2)



Garlic
(2 Cloves | 4 Cloves)



Brussels Sprouts*
(1 | 2)



Israeli Couscous
(1 | 2)
Contains wheat



Cream Cheese*
(1 | 2)
Contains milk



Dried Cranberries
(1 | 2)



Shredded Parmesan*
(1 | 2)
Contains milk

WHAT YOU'LL NEED

Butter
(1 TBSP | 2 TBSP)
Contains milk

Olive Oil
(4 tsp | 6 tsp)

CHEF'S TIP

EveryPlate's hottest new squash is: delicata. It has EVERYTHING. Buttery interior big enough for stuffing, delicate sweetness, supreme roastability, and tender skin that's 100% edible. Edible squash skin? You know, it's that thing you wish that other guy Butternut could offer. We like to eat the whole delicata, but if that's not your thing, you can leave the skin behind. Party on!



1. Preheat oven to 450 degrees. **Wash and dry all produce.** Halve **squash** lengthwise; scoop out seeds with a spoon and discard. Place on a baking sheet; drizzle each half with **olive oil** and rub to evenly coat. Season generously with **salt** and **pepper**, then arrange cut sides down. Roast on top rack until tender and browned on bottom, 25-30 minutes.



2. Meanwhile, halve, peel, and dice **onion**. Peel and finely chop **garlic**. Trim and halve **Brussels sprouts**; thinly slice crosswise into shreds.



3. Heat **1 TBSP butter** (**2 TBSP for 4 servings**) and a **drizzle of olive oil** in a large pan over medium-high heat. Add **onion** and **garlic** and season with **salt** and **pepper**. Cook, stirring, until softened, 3-4 minutes. Add **couscous** and stir until lightly toasted, 2-3 minutes.



4. While onion cooks, toss **shredded Brussels sprouts** on a second baking sheet with a **drizzle of olive oil**, **salt**, and **pepper**. Roast on middle rack, tossing halfway through, until softened, browned, and slightly crispy, 9-12 minutes. (**Check on these guys frequently—you want 'em deeply browned, not burned.**)



5. Meanwhile, add **2 cups water** (**3 cups for 4 servings**) and **½ tsp salt** (**1 tsp for 4**) to pan with **couscous**; bring to a boil. Cook, stirring occasionally, until couscous is tender and water has evaporated, 8-10 minutes. Turn off heat and stir in **roasted Brussels sprouts**, **cranberries**, **cream cheese**, and a splash or two of **water** as necessary until thoroughly combined. Taste and season with **salt** and **pepper**.



6. Once **squash** is done, remove baking sheet from oven. Heat broiler to high or oven to 500 degrees. Flip squash over; stuff with **half the filling** and evenly top with **Parmesan**. Broil or bake until cheese is melted and lightly browned, 2-3 minutes. (**Watch closely to make sure the cheese doesn't burn.**) Divide **remaining filling** between plates and top with **stuffed squash**.

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