Share your masterpiece! Tag your photos with **#HelloFreshSnaps** and share on
You'll be entered into our weekly photo contest!

Italian Sausage Stew with Cheesy Polenta

Polenta was once considered a 'food of the peasants', but those days are gone. It's so popular nowadays that there has even been an Italian folk song written about it: 'La Bella Polenta'! We recommend you put on some folk music and have a little dance around the kitchen to get you in the mood for this Italian feast!

30 mins

gluten free

spicy

Porcini Mushrooms (2 tbsp)

Garlic Clove (2)

Red Chilli (½)

Onion (1)

Sausage (3)

Rosemary (2 springs)

Organic Chopped Tomatoes (½ tin)

Baby Spinach (3 handfuls)

Parmesan (2 tbsp)

Gouda (1 slice)

Polenta (⅔ cup)

Netherend Butter (1½ tbsp)

Ingredients	2 PEOPLE	ALLERGENS
Porcini Mushrooms, chopped	2 tbsp	
Garlic Clove, chopped	2	
Red Chilli, chopped	½	
Onion, chopped	1	
Sausage	3	Sulphites
Rosemary, chopped	2 sprigs	
Organic Chopped Tomatoes	½ tin	
Baby Spinach	3 handfuls	
Parmesan	2 tbsp	Milk
Gouda	1 slice	Milk
Polenta	⅔ cup	
Netherend Butter	1½ tbsp	Milk

Nutrition per serving: Calories: 702 kcal | Protein: 37 g | Carbs: 49 g | Fat: 38 g | Saturated Fat: 18 g

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

Did you know...
Polenta is made from corn - one of the world's top three grains, together with wheat and rice.

1 Put your porcini mushrooms in a small bowl and pour over 200ml of boiling water. Leave to soak for 20 mins. Peel and finely chop the garlic and finely chop half the chilli. Peel and thinly slice your onion into half moon shapes. Cut the sausages into 2cm wide chunks.

2 Heat 1 tbsp of olive oil in a frying pan, add the sausage and gently fry on medium heat for 6-7 mins until browned. Meanwhile, strip the rosemary leaves from their stems and roughly chop.

3 Turn down the heat slightly, add the onion to the pan and sweat for 5 mins together with your sausages. Next add the garlic, rosemary and chilli (the amount depends on how spicy you like things!) to your pan, cooking everything together for an additional 4 mins.

4 Drain (hold onto the soaking water!) and roughly chop the mushrooms and add them to the pan too. Pour in the reserved soaking water. **Tip:** *This helps add a nice umami flavour!* Stir in the chopped tomatoes, 250ml of boiling water, ¼ tsp of salt and ¼ tsp of pepper. Simmer uncovered for 10 mins, then add the spinach to wilt for the last 2 mins.

5 Meanwhile, make the polenta. Bring 625ml of water to the boil in a large pot with ¼ tsp of salt.

6 Grate the parmesan and tear the Gouda into small pieces. Once the water is boiling, reduce the heat so the water is simmering and add the polenta to the pot, stirring continuously.

7 After 4 mins, and with the pot still on the heat, add the butter, parmesan, Gouda flakes, a good grind of black pepper and mix well. Continue to cook on a low heat. The cheesy polenta should be ready after 5 more mins. Taste and add more salt if necessary.

8 Serve the cheesy polenta, topped with the sausage stew in bowls. *Buon appetito!*

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!