



Italian Sausage Tomato Risotto

with Fennel Seeds



HELLO ARBORIO RICE

These plump little grains not only make great risotto, they also lend themselves to sweet rice pudding too!



Chicken Stock Powder



Tomato Passata



Onion



Garlic Clove



Flat Leaf Parsley



Tuscan Pork Sausage



Italian Style Grated Hard Cheese



Arborio Rice



Fennel Seeds



Unsalted Butter

MEAL BAG

Hands on: **20** mins
Total: **45** mins

1.5 of your
5 a day

Family Box

Risotto is a speciality of Northern Italy where they grow rice instead of wheat that becomes pasta in the South. It's traditionally served in small portions as a 'primo' - a first course before the main. But when something is this delicious why restrict it to a starter?

BEFORE YOU START

Our fruit and veggies may need a **little wash** before you use them! Make sure you've got two **Large Saucepans**, a **Measuring Jug**, **Fine Grater** (or **Garlic Press**) and **Ladle**. Now, let's get cooking!



1 MAKE THE STOCK

Bring a large saucepan of **water** (see ingredients for amount) to the boil. Once, boiling add the **stock powder** and the **tomato passata** and stir thoroughly to dissolve the **stock powder**. Turn the heat to low.
★ **TIP:** Keep the stock on the lowest heat to keep it hot during the whole cooking process.



2 PREP TIME

Halve, peel and finely chop the **onion**. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **parsley** (stalks and all). Remove the skin from the **sausage** and break the **sausage meat** into chunks.
❗ **IMPORTANT:** Remember to wash your hands and equipment after handling raw meat.



3 START THE RISOTTO

Heat a splash of **olive oil** in another large saucepan on medium-low heat. Add the **onion** and **sausage chunks**. Cook until the **onion** is soft and the **sausage** is no longer pink, 6-7 mins. Add the **garlic**. Cook for a further minute. Add the **arborio rice** and **fennel seeds** (add less **fennel** if you don't love the aniseedy flavour). Stir together to make sure the **rice** is coated in **oil**.



4 MAYBE ADD SOME WINE?

If you have some **white wine** in your kitchen, add a splash now. ★ **TIP:** Let the alcohol in the wine bubble off for a few minutes to mellow the flavour. If you don't have any **wine** don't worry, just move right on to step 5. The **risotto** will still taste delicious!



5 COOK THE RISOTTO

Add a ladleful of the **stock** and **passata mix** to the **rice** and stir it in gently. Once the **liquid** is almost fully absorbed, add another ladleful and continue stirring. Keep adding the **stock** and **passata mix**, stirring all the time until the **rice** is cooked, 15-20 mins. ★ **TIP:** If you've added all the stock but the rice isn't quite there, just add a splash of water and continue cooking. ❗ **IMPORTANT:** The sausage meat is cooked when it is no longer pink in the middle.



6 FINISH AND SERVE

Once your **risotto** is ready, add a splash of **water** if it is too thick. The ideal **risotto** should flow like lava! Stir in the **Italian style grated hard cheese** and **butter**. Test for seasoning and add **salt** and **pepper** to taste. Serve in warm bowls with a sprinkling of **parsley** and eat immediately. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Onion *	1	2	2
Garlic Clove *	1	2	2
Flat Leaf Parsley *	½ bunch	¾ bunch	1 bunch
Tuscan Pork Sausage (14) *	4	6	8
Italian Style Grated Hard Cheese (7) (8) *	½ pack	¾ pack	1 pack
Arborio Rice	175g	260g	350g
Fennel Seeds	1 pot	1½ pots	2 pots
Unsalted Butter (7) *	15g	20g	30g
Water*	550ml	950ml	1.1ltr

*Not Included
* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 440G	PER 100G
Energy (kJ/kcal)	3523 / 842	800 / 191
Fat (g)	35	8
Sat. Fat (g)	16	4
Carbohydrate (g)	95	22
Sugars (g)	10	2
Protein (g)	32	7
Salt (g)	3.57	0.81

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 8) Egg 14) Sulphites

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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