



Cooking Made Easy

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Mytical Herbed Pork and Tomato Risotto

We're big believers in spicing up dinner time conversation. Enter: The HelloFresh Dinner Time Trivia Team. Rumour has it that in Greek mythology, Prometheus used the stalk of a fennel plant to steal fire from the demigods, whilst the ancient Romans called fennel seeds 'the herb of sight'. Patrick just figured it would taste fab in this risotto, but we're pretty sure the reference to Prometheus will impress your guests more!



30 min



one pot wonder



gluten free



Fennel Seeds



Chicken Stock



Tomato Passata



Garlic



Onion



Fresh Parsley



Pork and Oregano Sausage



Arborio Rice



Parmesan Cheese

Ingredients

	2P	4P
Fennel Seeds	1 tsp	2 tsp
Chicken Stock	1 pot	2 pots
Tomato Passata	½ cup	1 cup
Garlic Clove, diced	1	2
Onion, diced	½	1
Fresh Parsley, chopped	1 tbsp	2 tbsp
Pork and Oregano Sausage 1	1 link	2 links
Arborio Rice	200g	400g
Parmesan Cheese 2	1 tbsp	2 tbsp

⊕ May feature in another recipe

* Good to have at home

Allergens

1) Sulphites | **2)** Milk

Nutrition per serving: Calories: 756 kcal | Protein: 36g | Carbs: 68g | Fat: 37g | Saturated Fat: 14g

2



1 Bring 800ml of water to a gentle simmer in a pot. Once simmering, add the stock pot and ½ cup of the passata and stir thoroughly.

Tip: Leave the stock on the lowest heat to keep it hot during the whole cooking process

2 Peel and finely dice the onion and and garlic. Chop the parsley and set aside. Remove the skin from the sausage and break the sausage meat up into chunks.

3



3 Heat 2 tsp of butter (if you have some) and 2 tsp of olive oil in a pan on medium-low heat. Add the onion and sausage and cook slowly for 5 mins until the onion is soft and the sausage is cooked, then add the garlic and cook for a further 1 minute. **Tip:** If you don't have butter simply add a little more olive oil

4



4 Add the risotto rice and fennel seeds and coat in the butter and olive oil. Turn heat to medium, add ¼ tsp of salt and stir. **Tip:** After about 3 mins there should be a slight translucency around the edges of the rice

7



5 If you have some white wine in the kitchen, add 4 tbsp now. **Tip:** Let the alcohol in the wine bubble off for a minute to mellow the flavour. If you don't have any wine don't worry - just move to step 6.

6 Add ⅔ cup of stock and the passata mix to the rice and stir it with long, massaging motions. Once this has almost soaked in, add another ⅔ of a cup and continue stirring. **Tip:** Risotto does need a bit of attention but the resulting flavour is worth it!

7 Continue adding the liquid and stirring as above for around 15 to 20 mins. When the risotto is almost ready, add the Parmesan. **Tip:** The risotto is ready when the rice is cooked through but has the slightest hint of firmness left in the middle

8 Once the risotto is ready, add a little more of the liquid to make it slightly runny. Test for seasoning and add salt and pepper to taste. Serve into warm bowls with a sprinkling of finely chopped parsley and eat immediately. **Tip:** Add a tsp of butter at the last minute if you want to be naughty!