



More than Food

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Winter Risotto

with Kale, Fennel Seed, and Parmesan

Risotto is the ultimate cold-weather dish. Earthy kale pairs with nutty Parmesan and walnuts for a warm and seasonal dish. The unexpected flavor of fennel seed is a subtle yet unique addition to the meal.

45 min

level 3

veggie



Arborio Rice



Yellow Onion



Kale



Walnuts



Fennel Seeds



Sour Cream



Vegetable Stock Concentrates



Parmesan



Parsley



Garlic

Ingredients

	2 People	4 People
Arborio Rice	¾ C	1 ½ C
Yellow Onion	1	2
Kale	4 oz	8 oz
Walnuts	1)	2 oz
Fennel Seeds	1 t	2 t
Sour Cream	2)	2 oz
Vegetable Stock Concentrates	2	4
Parmesan	2)	½ C
Parsley	¼ oz	½ oz
Garlic	2 cloves	4 cloves
Butter*	2)	4 T
Oil*	1 T	2 T

*Not Included

Allergens

1) Nuts

2) Milk

Tools

Large Pan, Medium Pot

Ruler

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Nutrition per person Calories: 660 cal | Carbs: 73 g | Fat: 35 g | Protein: 18 g | Fiber: 5 g | Sodium: 584 mg

Make sure to wash and dry produce before prepping or cooking!



1 Heat the stock: In a medium pot, heat the **stock concentrates** and **3 cups water** over low heat.

2 Prep the ingredients: Halve, peel, and thinly slice the **onion**. Remove and discard the ribs and stems from the **kale**, then thinly slice the leaves. Chop the **parsley**, reserving a few leaves for garnish. Roughly chop the **walnuts**. Mince or grate the **garlic**.



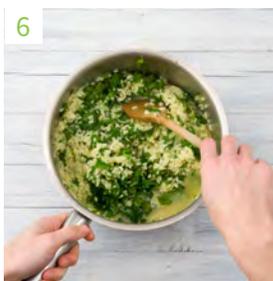
3 Optional step – Toast the walnuts and fennel seeds: Heat a large pan over medium heat. Add the **walnuts** and cook, tossing, for 2-3 minutes, until toasted and fragrant. Repeat with the **fennel seeds** and set aside.

4 Start the risotto: Heat **1 Tablespoon oil** in a large pan over medium-high heat. Add the **onion** and **garlic** and cook, tossing, for 2-3 minutes, until just softened. Season with **salt** and **pepper**. Add the **rice**, toss to coat in the oil, and cook for an additional 2-3 minutes, until the rice is translucent.



5 Reduce the heat to medium-low. In ¼-cup increments, add the warm **stock** to the pan and stir frequently, until the liquid is absorbed by the **rice**. Continue this process until the rice is almost al dente and a loose, creamy sauce has formed, about 25-30 minutes.

6 Add the greens: When ½ **cup stock** is left, add the **kale**, **chopped parsley**, and **fennel seeds** to the **risotto**. Continue to cook until all of the **stock** is absorbed, the **kale** is tender, and the **rice** is al dente.



7 Finish: Remove the pan from the heat and stir in the **Parmesan**, **2 Tablespoons butter**, and the **sour cream**. Taste and season with **salt** and **pepper**. Serve sprinkled with the **chopped walnuts** and **reserved parsley leaves**. Enjoy!