



More Than Food  
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## Italian Pork and Tomato Risotto

Legend has it that a master glassmaker named Valerius invented risotto in Milan in 1574. We're pretty grateful to him, or we wouldn't be bringing you this delicious creation!

30 mins

1 of your 5 a day

mealkit

family box



Water  
(1.6ltr)



Chicken Stock Pot  
(2)



Tomato Passata  
(1 carton)



Onion  
(2)



Garlic Clove  
(2)



Flat Leaf Parsley  
(1 bunch)



Tuscan Pork Sausage  
(500g)



Parmesan Cheese  
(40g)



Netherend Butter  
(30g)



Arborio Rice  
(350g)



Fennel Seeds  
(2 tsp)

## 4 PEOPLE INGREDIENTS

- Water
- Chicken Stock Pot
- Tomato Passata
- Onion, chopped
- Garlic Clove, grated
- Flat Leaf Parsley, chopped

- 1.6ltr
- 2
- 1 carton
- 2
- 2
- 1 bunch

- Tuscan Pork Sausage 500g
- Parmesan Cheese 40g
- Netherend Butter 30g
- Arborio Rice 350g
- Fennel Seeds 2 tsp

 Our fruit and veggies may need a little wash before cooking!

### Did you know...

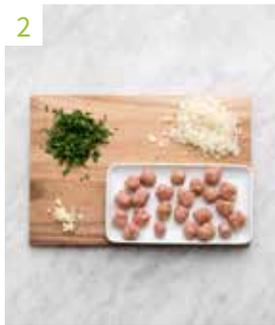
Arborio rice is perfect for both savoury dishes, such as risotto, and sweet dishes, such as rice pudding. Guess we better stock up then!

**Allergens:** Milk, Sulphites.

**Nutrition as per prepared and listed ingredients**

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
<b>Perserving</b>	779 kcal / 3273 kJ	34 g	15 g	91 g	11 g	32 g	5 g
<b>Per 100g</b>	151 kcal / 636 kJ	7 g	3 g	18 g	2 g	6 g	1 g

**Chicken Stock Pot Ingredients:** Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract



**1** Bring a pot of **water** (amount specified in the ingredient list) to the boil. Once simmering, add the **chicken stock pot** and the **tomato 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 chop the **onion** and peel and grate the **garlic** (or use a garlic press if you have one). Chop the **parsley** and set aside. Remove the skin from the **sausage** and break the **sausage meat** into chunks. Grate the **parmesan cheese**.



**3** Heat the **butter** and a splash of **olive oil** in a saucepan on medium-low heat. Add your **onion** and **sausage** and cook slowly for 6-7 mins until your **onion** is soft and your **sausage** is cooked, then add your **garlic** and cook for a further minute.

**4** Add the **arborio rice** and **fennel seeds** and stir together for 30 seconds to coat your **rice** in the **butter** and **olive oil**. Turn the heat to medium, add a pinch of **salt** and stir. **Tip:** You want there to be a slight translucency around the edges of the rice.



**5** 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 to step 6.

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

**7** Continue adding your **stock and passata mix** and stir as above for around 15 - 20 mins. When your **risotto** is almost ready, add your **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 your **risotto** is ready, add a little more **water** if it is too thick. Test for seasoning and add **salt** and **pepper** to taste. Serve in warm bowls with a sprinkling of **parsley** and eat immediately. **Tip:** Add a tsp of butter at the last minute if you want to be naughty!

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