

INGREDIENTS

2 PERSON | 4 PERSON

Yellow Onion

Roma Tomato

1 TBSP | 1 TBSP

Chicken Stock

Concentrates

Tuscan Heat 5



3 oz | 6 oz

Carrot



Italian Pork Sausage



1/4 oz | 1/4 oz



3⁄4 Cup | 1½ Cups Farro **Contains: Wheat**



¼ Cup | ½ Cup Parmesan Cheese Contains: Milk

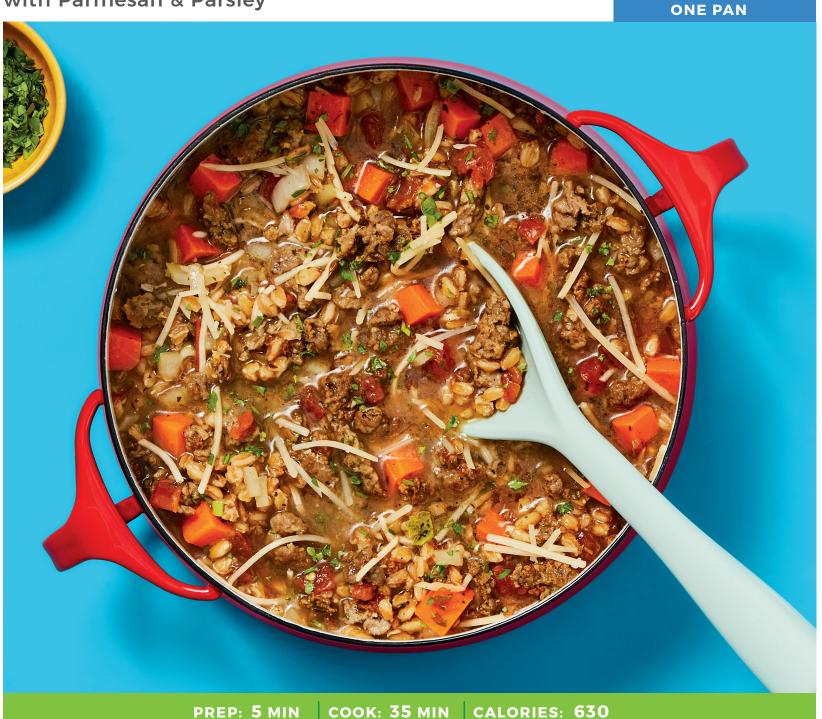
HELLO

FARRO

This ancient grain has a nutty flavor and delightfully chewy texture.

ONE-POT RUSTIC FARRO & PORK SAUSAGE SOUP

with Parmesan & Parsley





FOND OF FOND

When stirring stock concentrates and water into your soup in step 2, we ask you to simultaneously scrape up any browned bits from the bottom of the pot. This process is known as deglazing, and those unassuming specks (aka fond) are full of rich, concentrated flavor. This easy trick adds so much savory depth to your soup.

BUST OUT

- Large pot
- Peeler
- Kosher salt
- Black pepper
- Olive oil (1 tsp | 1 tsp)

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* Pork Sausage is fully cooked when internal temperature reaches 160°.



1 START PREP & COOK SAUSAGE MIXTURE

- · Wash and dry produce.
- Halve, peel, and finely chop onion.
- Remove sausage* from casing; discard casing.
- Heat a drizzle of olive oil in a large pot over medium-high heat. Add sausage and onion; cook, breaking up meat into pieces, until browned, 4-6 minutes (the sausage will finish cooking in the next step).



3 FINISH SOUP

• Once farro is tender, stir half the Parmesan (save the rest for serving) into soup. Taste and season with salt and pepper.



- Meanwhile, dice **tomato**. Trim, peel, and cut **carrot** into a small dice. Pick parsley leaves from stems; finely chop leaves.
- Stir tomato, carrot, half the chopped parsley, half the Tuscan Heat Spice (use the rest as you like), and 1/2 cup farro (be sure to measure; we sent more) into pot with sausage mixture. (Use 1 cup farro for 4 servings.) Cook, stirring, 1 minute.
- Stir in stock concentrates and 3½ cups warm water (6 cups for 4), scraping up any browned bits from bottom of pot.
- Cover, bring to a boil, then immediately reduce heat to low. Simmer, covered, until farro is tender, 25-30 minutes.



4 SERVE

• Divide soup between bowls. Top with remaining Parmesan and remaining chopped parsley and serve.