



# Sausage and Tomato Risotto

with Spinach, Mushroom, and Rocket

Family 30 Minutes



Sliced Mushrooms



Pork and Oregano Sausage Meat



Risotto Rice



Tomato Puree



Chicken Stock Paste



Baby Spinach



Grated Hard Italian Style Cheese



Rocket

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Kettle, Ovenproof Saucepan, Wooden Spoon, Measuring Jug, Lid, Bowl.

## Ingredients

	2P	3P	4P
Sliced Mushrooms**	120g	180g	240g
Pork and Oregano Sausage Meat <b>13) 14)**</b>	225g	340g	450g
Risotto Rice	175g	260g	350g
Tomato Puree	1 sachet	2 sachets	2 sachets
Chicken Stock Paste	15g	20g	30g
Water*	450ml	675ml	900ml
Baby Spinach**	40g	100g	100g
Grated Hard Italian Style Cheese <b>7) 8)**</b>	40g	65g	80g
Rocket**	20g	30g	40g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>313g</b>	<b>100g</b>
Energy (kJ/kcal)	2960 / 707	946 / 226
Fat (g)	27	9
Sat. Fat (g)	12	4
Carbohydrate (g)	84	27
Sugars (g)	3	1
Protein (g)	31	10
Salt (g)	3.42	1.09

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 8) Egg 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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## Fry Time

Preheat your oven to 200°C. Fill and boil your kettle. Put a large, ovenproof saucepan on medium-high heat and add a drizzle of **oil**. **TIP: If you don't have an ovenproof pan, just cook in a normal saucepan then transfer the risotto to an ovenproof dish before it goes in the oven.** When hot, add the **mushrooms** and **sausage meat** and cook until browned, 5-6 mins. Break up the **sausage meat** into large chunks with a wooden spoon as it cooks. **IMPORTANT: Wash your hands and equipment after handling raw meat. The sausage meat is cooked when no longer pink in the middle.**



## And Breathe

While the **risotto** bakes, have a little tidy or a sit-down.



## Add the Rice

Stir in the **risotto rice**, then add the **tomato puree**, **chicken stock paste** and **water** (see ingredients for amount). Stir and bring to the boil, then reduce the heat to low.



## Last Steps

When the **risotto** has 5 mins left, carefully take it out of the oven and remove the lid (or foil). Stir through the **spinach** and the **grated hard Italian style cheese**. Cover with the lid and bake for the remaining 5 mins.



## Bake Off

Cover the pan with a lid (or seal it with foil). Pop on the middle shelf of your oven and bake until the **rice** is tender, 20-25 mins. **TIP: If your pan isn't ovenproof, now is the time to transfer everything into a large ovenproof dish before baking.**



## Finish and Serve

Carefully remove the **risotto** from the oven. **TIP: Add a splash more water if the risotto looks a little dry.** Share between your bowls and top with the **rocket** to finish.

Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.