Hello FRESH

OCT 2016

Herby Sausage Risotto

with Tomato, Parmesan, and Parsley

Sausage adds incredible flavor to the base of this creamy risotto. Adding crushed tomatoes into the broth lends a touch of acidity to cut through all that richness. It's a perfect dinner for a chilly night!

Prep: 10 min
Total: 45 min

level 2

gluten free

nut free

Sweet Lean Italian Sausage	Crushed Tomatoes	Chicken Stock Concentrate	Parsley	Arborio Rice	Yellow Onion

Parmesan Cheese

Ingredients		2 People	4 People
Sweet Lean Italian Sausage		9 oz	18 oz
Crushed Tomatoes		1 Box	2 Boxes
Chicken Stock Concentrate		1	2
Parsley		¼ oz	¼ oz
Arborio Rice		¾ Cup	1½ Cups
Yellow Onion		1	2
Parmesan Cheese	1)	¼ Cup	½ Cup
Butter*	1)	1 T	2 T

Nutrition per person Calories: 691 cal | Fat: 26 g | Sat. Fat: 12 g | Protein: 35 g | Carbs: 76 g | Sugar: 10 g | Sodium: 1240 mg | Fiber: 4 g

1 Heat the stock: In a small pot, bring **3 cups water** and the **chicken stock concentrate** to a simmer. Once simmering, add the **crushed tomatoes** and stir to combine.

2 Prep the ingredients: Wash and dry all produce. Meanwhile, halve, peel, and finely dice the **onion**. Finely chop the **parsley**. Remove the **sausage** from the casings.

3 Cook the sausage: Heat **½ Tablespoon butter** in a large pan over medium heat. Add the **diced onion** and cook, tossing for 3-4 minutes, until softened. Add the **sausage** to the pan and cook, breaking up the meat into pieces, until browned and cooked through.

4 Stir in the rice: Add the **Arborio rice** to the pan and toss to combine. Cook, stirring for 2-3 minutes, until the rice is translucent.

5 Add the stock: Begin adding the warm **stock** mixture to the pan in ½ cup increments, stirring between each addition, until absorbed. Repeat until the **rice** is al dente and a loose sauce has formed, 25-30 minutes.

6 Finish and plate: Stir in the **Parmesan cheese** and season generously with **salt** and **pepper**. Finish with a pat of **butter** and a sprinkle of **parsley**. Enjoy!