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## Herby Sausage Risotto

with Tomato, Parmesan, and Parsley

Sausage and garlic add 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!



Italian Sausage



Diced Tomatoes



Garlic



Chicken Stock Concentrate



Parsley



Arborio Rice



Yellow Onion



Parmesan

## Ingredients

Italian Sausage		18 oz
Diced Tomatoes		1 box
Garlic		4 cloves
Chicken Stock Concentrate		2
Parsley		¼ oz
Arborio Rice		1 ½ c
Yellow Onion		2
Parmesan	1)	½ c
Butter*	1)	1 T + 2 t

4 People

\*Not Included

## Allergens

1) Milk

## Tools

Small Pot, Large Pan

Ruler

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**Nutrition per person** Calories: 759 cal | Fat: 37 g | Sat. Fat: 16 g | Protein: 33 g | Carbs: 79 g | Sugar: 11 g | Sodium: 1250 mg | Fiber: 4 g

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



**1 Heat the stock:** In a small pot, bring **6 cups water** and the **chicken stock concentrates** to a simmer. Once simmering, add **½ cup diced tomatoes** and stir to combine.

**2 Prep the ingredients:** Meanwhile, halve, peel, and finely dice the **onions**. Mince or grate the **garlic**. Finely chop the **parsley**. Remove the **sausage** from the casings.



**3 Cook the sausage:** Heat **1 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** and **garlic** 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!

