



Sausage Bolognese Risotto

with Mushrooms and Spinach

N° 11

FAMILY Hands On Time: 20 Minutes • Total Time: 40 Minutes • 1 of your 5 a day



Onion



Carrot



Garlic Clove



Red Wine Stock Pot



Pork and Oregano Sausage Meat



Sliced Mushrooms



Arborio Rice



Tomato Passata



Baby Spinach



Grated Italian Style Hard Cheese

Before you start

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

Basic cooking tools, you will need:

Fine Grater (or Garlic Press), Measuring Jug, Saucepan and Ladle.

Ingredients

	2P	3P	4P
Onion**	1	1	2
Carrot**	1	2	2
Garlic Clove**	2 cloves	3 cloves	4 cloves
Boiling Water for the Stock*	650ml	1000ml	1300ml
Red Wine Stock Pot 14	1 pot	1½ pots	2 pots
Pork and Oregano Sausage Meat 13 14 **	225g	340g	450g
Sliced Mushrooms**	1 small punnet	1 large punnet	2 small punnets
Arborio Rice	175g	260g	350g
Tomato Passata	1 carton	1½ cartons	2 cartons
Baby Spinach**	1 small bag	1 small bag	1 large bag
Grated Italian Style Hard Cheese 7 8 **	1 pack	2 packs	2 packs

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	602g	100g
Energy (kJ/kcal)	3320 /794	552 /132
Fat (g)	27	5
Sat. Fat (g)	12	2
Carbohydrate (g)	104	17
Sugars (g)	19	3
Protein (g)	33	5
Salt (g)	4.21	0.70

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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

Wash your hands before and after handling ingredients.

Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

♻️ You can recycle me!

Packed in the UK



1. Get Prepped

Fill and boil your kettle. Halve, peel and chop the **onion** into small pieces. Remove the ends from the **carrot** (no need to peel), halve lengthways and then chop into 1cm wide long strips. Chop into 1cm chunks. Peel and grate the **garlic** (or use a garlic press).



4. Simmer and Stir

Next, stir in a ladle of your **stock**. When the **stock** has been absorbed by the **rice**, stir in another ladle. Keep the pan on medium heat and continue stirring in **stock**, letting it absorb each time. This should take about 20-25 mins. Your **risotto** is done when your **rice** is 'al dente' - cooked through but with a tiny bit of firmness left in the middle. Once nearly cooked, add the **spinach** a handful at a time, stirring until wilted, 1-2 mins.



2. Stock Time

Pour the boiling **water** (see ingredients for amount) into a pan, stir in the **red wine stock**, pop on medium-high heat, bring to the boil and stir until dissolved. Reduce the heat to low and leave the **stock** to keep warm. Meanwhile, heat a large wide-bottomed saucepan or a frying pan on medium-high heat (no oil). When hot, add the **sausage meat** and cook until browned, 4-5 mins. Break it up with a wooden spoon as it cooks.

IMPORTANT: The sausage meat is cooked when it is no longer pink in the middle.



5. Cheese Time

If the **risotto** isn't quite cooked but the **stock** has been absorbed, simply add a splash of **water** and keep cooking until the **rice** is tender. Once the **risotto** is cooked, remove from the heat. Add the **cheese** and a knob of **butter** (if you have some). Stir vigorously until everything is melted and combined.



3. Start Cooking

Once browned, add the **onion**, **carrot** and **sliced mushrooms**, stir and cook until the **veg** has softened, 5-6 mins, stirring occasionally. Add the **garlic** and cook, stirring for 1 minute, season with **salt** and **pepper**. Now, stir in the **rice** and cook until it's translucent at the edges, 1-2 mins. Stir through the **passata**, bring to the boil and reduce to a simmer until the liquid has been absorbed, 2 mins.



6. Serve

Taste the **risotto** and add **salt** and **pepper** if you feel it needs it. Serve in bowls and...

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.