



Herby Sausage Risotto

with Tomato, Parmesan Cheese, and Zucchini

Your family will love how unbelievably creamy this dish is. But you? Well, you'll love the fact that minimal pots and pans are involved and that our chefs snuck in some veggies underneath all the hearty rice, flavorful Italian sausage, and Parmesan.



Prep: 10 min
Total: 40 min



level 1



nut free



gluten free



Diced Tomatoes



Chicken Stock Concentrate



Yellow Onion



Italian Sausage



Garlic Powder



Arborio Rice



Parsley



Zucchini



Parmesan Cheese

Ingredients

	4 People
Diced Tomatoes	2 Boxes
Chicken Stock Concentrate	1
Yellow Onion	1
Italian Sausage	18 oz
Garlic Powder	2 tsp
Arborio Rice	1½ Cups
Parsley	¼ oz
Zucchini	2
Parmesan Cheese	1) ½ Cup
Butter*	1) 1 TSBP
Olive Oil*	2 tsp

*Not Included

Allergens

1) Milk

Tools

Large ovenproof pan,
Small pot

Nutrition per person Calories: 741 cal | Fat: 33 g | Sat. Fat: 14 g | Protein: 32 g | Carbs: 69 g | Sugar: 9 g | Sodium: 845 mg | Fiber: 5 g



1 Preheat and prep: Wash and dry all produce. Preheat oven to 400 degrees. Bring **4 cups water, tomatoes, and stock concentrate** to a low simmer in a small pot. Halve, peel, and dice **onion**.

2 Start the risotto: Heat a large drizzle of **olive oil** in a large ovenproof pan over medium heat (you'll need a lid later). Add **onions, sausage, and garlic powder**. Break up meat into small pieces until sausage is browned and onion is softened, 5-6 minutes. Season with **salt and pepper**.

3 Bake the risotto: Add **Arborio rice** and toss to combine until translucent, 1-2 minutes. Add **4 cups warm tomato stock mixture**. Cover and bake until rice is al dente, 18-20 minutes. **HINT:** Transfer to a baking dish if you don't have an ovenproof pan.

4 Prep the remaining ingredients: Finely chop **parsley**. Cut **zucchini** into ½-inch cubes. Take **risotto** out of oven, stir in zucchini, and continue baking for remaining time.

5 Finish the risotto: Once **rice** is al dente, place pan back on stove over low heat. Stir in about **1 cup tomato stock mixture** until a loose sauce forms. Add **Parmesan cheese** and **1 TBSP butter**. Season generously with **salt and pepper**.

6 Serve: Finish with a sprinkle of **parsley** and enjoy!

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