



Caramelised Onion Sausages

with Oven-Baked Tomato Rice

CLASSIC 35 Minutes • Little Heat • 3 of your 5 a day



Red Onion



Red Pepper



Garlic Clove



Green Beans



Flat Leaf Parsley



Caramelised Onion Sausages



Tomato Puree



Smoked Paprika



Arborio Rice



Chicken Stock Powder



Cheddar Cheese



Red Chilli

Before you start

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

Basic cooking tools you will need: Ingredients

| | 2P | 3P | 4P |
|--|--------------|--------------|--------------|
| Red Onion | 1 | 1 | 1 |
| Red Pepper | 1 | 1½ | 2 |
| Garlic Clove | 1 | 2 | 2 |
| Green Beans | 1 small pack | ¾ large pack | 1 large pack |
| Flat Leaf Parsley | 1 bunch | 1 bunch | 1 bunch |
| Caramelised Onion Sausages 14) | 4 | 6 | 8 |
| Tomato Puree | 1 sachet | 1½ sachets | 2 sachets |
| Smoked Paprika | 1 small pot | ¾ large pot | 1 large pot |
| Arborio Rice | 175g | 260g | 350g |
| Water for the Rice* | 400ml | 600ml | 800ml |
| Chicken Stock Powder | 1 sachet | 1½ sachets | 2 sachet |
| Cheddar Cheese 7) | 1 block | 2 blocks | 2 blocks |
| Red Chilli | ½ | ¾ | 1 |

*Not Included ** Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|--------------------------|-------------|-----------|
| for uncooked ingredients | 643g | 100g |
| Energy (kJ/kcal) | 2952 / 706 | 459 / 110 |
| Fat (g) | 21 | 3 |
| Sat. Fat (g) | 9 | 1 |
| Carbohydrate (g) | 98 | 15 |
| Sugars (g) | 13 | 2 |
| Protein (g) | 31 | 5 |
| Salt (g) | 2.93 | 0.46 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **14)** Sulphites

Wash your hands before and after handling ingredients.

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

Contact

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

Packed in the UK

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1. Prep Time

Preheat your oven to 200°C and boil your kettle. Halve, peel and chop the **onion** into small pieces. Halve the **pepper** and discard the core and seeds. Chop into 1cm chunks. Peel and grate the **garlic** (or use a garlic press). Trim the **green beans** and chop into thirds. Roughly chop the **flat leaf parsley** (stalks and all). Arrange the **sausages** on a lightly oiled baking tray. **IMPORTANT:** Wash your hands after handling raw meat.



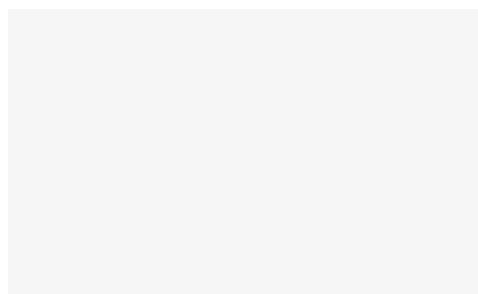
4. Finish Off

Meanwhile, fill a saucepan with **water** and put on to boil. We will use it for the green beans later. Grate the **cheddar cheese** and then halve the **chilli** lengthways, de-seed then finely chop. Keep to one side. Have a quick tidy up while you have time.



2. Get Cooking

Heat a splash of **oil** in a large ovenproof saucepan on medium-high heat. Add the **onion** and **pepper**. Cook until soft, 3-4 mins, stirring frequently. **TIP:** If you don't have an ovenproof pan, just cook in a normal saucepan then transfer to an ovenproof dish before the risotto goes in the oven. Meanwhile, pop the **sausages** in the oven and roast on the top shelf until golden and cooked through, 20-25 mins. **IMPORTANT:** The sausages are cooked when no longer pink in the middle.



5. Cook the Beans

When the **water** comes to the boil, add a pinch of **salt** and the **green beans**. Cook until tender, 4-6 mins then drain in a colander. When the **sausages** are ready, remove from the oven and then chop into bite-sized pieces. Keep warm, wrapped in foil. When the **rice** is cooked, remove it from the oven and mix in the **green beans**, the **cheese** and **half the parsley**. Taste and season with **salt** and **pepper** if needed.



3. Risotto Time

Add the **tomato puree**, **garlic**, **smoked paprika** and **arborio rice** to the pan with the **onions** and **peppers**. Stir to coat the **rice** in the **mixture**. Pour in the boiling **water** (see ingredients for amount) and **stock powder**. Stir to dissolve. Bring to the boil, cover with a tight fitting lid (or foil) then transfer to the oven and bake for 20-25 mins.



6. Serve

Share the **rice** between your bowls and top with the **sausage pieces**. Finish with a sprinkle of remaining **parsley** and **chilli** for those that want some heat!

Enjoy!