



# Caramelised Onion Sausages with Oven-Baked Tomato Rice

Classic 35 Minutes • Little Heat • 1 of your 5 a day

5



Red Onion



Bell Pepper



Garlic Clove



Green Beans



Flat Leaf Parsley



Caramelised  
Onion Sausages



Tomato Purée



Smoked Paprika



Arborio Rice



Chicken Stock Powder



Cheddar Cheese



Red Chilli

## Before you start

### Cooking tools, you will need:

Fine Grater (or Garlic Press), Baking Tray, Ovenproof Saucepan, Measuring Jug, Coarse Grater and Colander.

### Ingredients

	2P	3P	4P
Red Onion**	1	1	1
Bell Pepper***	1	2	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Green Beans**	1 small pack	1 large pack	1 large pack
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Caramelised Onion Sausages 14)**	4	6	8
Tomato Purée	1 sachet	1½ sachets	2 sachets
Smoked Paprika	1 small sachet	1 large sachet	2 small sachets
Arborio Rice	175g	260g	350g
Water for the rice*	450ml	675ml	900ml
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Cheddar Cheese 7)**	1 block	2 blocks	2 blocks
Red Chilli**	½	¾	1

\*Not Included \*\*Store in the Fridge

\*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	651g	100g
Energy (kJ/kcal)	3061/732	470/113
Fat (g)	22	3
Sat. Fat (g)	9	1
Carbohydrate (g)	102	16
Sugars (g)	14	2
Protein (g)	31	5
Salt (g)	2.97	0.46

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

7) Milk 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.



### Prep Time

Preheat your oven to 200°C, fill 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). Place the **sausages** on a **lightly oiled** baking tray. **IMPORTANT: Wash your hands after handling raw meat.**



### 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.



### 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.**



### Cook the Beans

When the **water's** boiling, add ¼ tsp 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 carefully chop into bite-sized pieces. Keep warm, by wrapping them 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.



### Risotto Time

Meanwhile, add the **tomato purée**, **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.



### 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!

**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.