






More Than Food
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Italian Pork and Tomato Risotto

Legend has it that a master glassmaker named Valerius invented risotto in Milan in 1574. We're pretty grateful to him, or we wouldn't be bringing you this delicious creation!

 30 mins

 family box

 gluten free



Water (1600ml)



Chicken Stock Pot (2)



Tomato Passata (1 carton)



Onion (2)



Garlic Clove (2)



Courgette (1)



Flat Leaf Parsley (4 tbsp)



Tuscan Pork Sausage (500g)



Netherend Butter (2 tsp)



Arborio Rice (1½ cups)



Fennel Seeds (2 tsp)




Parmesan (4 tbsp)

4 PEOPLE INGREDIENTS

- Water
- Chicken Stock Pot
- Tomato Passata
- Onion, chopped
- Garlic Clove, chopped
- Courgette, chopped

- Flat Leaf Parsley, chopped **4 tbsp**
- Tuscan Pork Sausage **500g**
- Netherend Butter **2 tsp**
- Arborio Rice **1½ cups**
- Fennel Seeds **2 tsp**
- Parmesan **4 tbsp**

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Arborio rice is perfect for both savoury dishes, such as risotto, and sweet dishes, such as rice pudding. Guess we better stock up then!

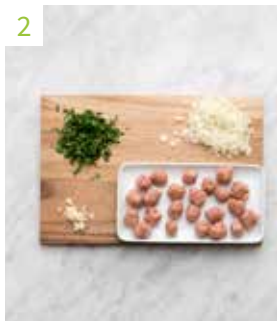
Allergens: Sulphites, Milk.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	779 kcal / 3273 kJ	34 g	15 g	25 g	11 g	32 g	5 g

Chicken Stock Pot Ingredients: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract.

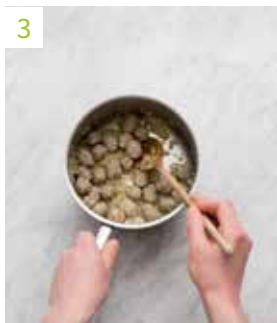
2



1 Bring a pot of **water** (as stated in the ingredient list) to the boil. Once simmering, add the **chicken stock pot** and the **passata** and stir thoroughly. **Tip:** *Leave the stock on the lowest heat to keep it hot during the whole cooking process.*

2 Peel and finely chop the **onion** and **garlic**. Chop the **courgette** in half lengthways and chop each half in half again (you'll have 4 long strips!). Then chop into 1cm cubes. Chop the **parsley** and set aside. Remove the skin from the **sausage** and break the **sausage** meat up into chunks.

3



3 Heat the **butter** and a splash of **olive oil** in a saucepan on medium-low heat. Add the **onion** and **sausage** and cook slowly for 5 mins until the **onion** is soft and the **sausage** is cooked, then add the **courgette** and **garlic** and cook for a further 1 minute.

4 Add the **arborio rice** and **fennel seeds** and stir together for 30 seconds to coat the rice in the butter and olive oil. Turn the heat to medium, add a pinch of **salt** and stir. **Tip:** *You want there to be a slight translucency around the edges of the rice.*

4



5 If you have some **white wine** in your kitchen, add a splash now. **Tip:** *Let the alcohol in the wine bubble off for a minute to mellow the flavour.* If you don't have any wine don't worry - just move to step 6.

6 Add a ladle of your **stock** and **passata** mix to the **rice** and stir it with long, massaging motions. Once this is almost absorbed, add another ladle and continue stirring. **Tip:** *Risotto does need a bit of attention but the resulting flavour is worth it!*

6



7 Continue adding your **stock** and **passata** mix and stir as above for around 15 to 20 mins. When your risotto is almost ready, add the grated **parmesan**. **Tip:** *The risotto is ready when the rice is cooked through but has the slightest hint of firmness left in the middle.*

8 Once your risotto is ready, add a little more water if it needs it to make it slightly runny. Test for seasoning and add **salt** and **pepper** to taste. Serve into warm bowls with a sprinkling of chopped **parsley** and eat immediately. **Tip:** *Add 1 tsp of butter at the last minute if you want to be naughty!*

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!