



# PORK SAUSAGE & ROASTED PUMPKIN RISOTTO

with Rosemary & Spinach



Add pork sausage  
to a risotto



Peeled & Chopped  
Pumpkin



Brown Onion



Garlic



Rosemary



Lemon



Baby Spinach  
Leaves



Classic Pork  
Sausages



Arborio Rice



Chilli Flakes  
(Optional)



Chicken Stock



Grated Parmesan  
Cheese

Hands-on: **30-40 mins**  
Ready in: **50-60 mins**

Naturally gluten-free  
*Not suitable for Coeliacs*

Spicy (optional  
chilli flakes)

If you haven't tried sausage in a risotto before, well, what can we say – you're missing out! Give it a go with this easy baked risotto, also studded with cubes of roasted pumpkin, rosemary and baby spinach.

**Pantry Staples:** Olive Oil

## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **oven tray** lined with **baking paper** • **large frying pan** • **large baking dish**



### 1 ROAST THE PUMPKIN

Preheat the oven to **220°C/200°C fan-forced**. Place the **peeled & chopped pumpkin** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **good pinch** of **salt** and **pepper**. Spread in a single layer and roast until tender, **20-25 minutes**.



### 2 GET PREPPED

While the pumpkin is roasting, finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). Pick and finely chop the **rosemary leaves**. Zest the **lemon** (see **ingredients list**) to get a **good pinch**, then slice into wedges. Roughly chop the **baby spinach leaves**. Squeeze the **classic pork sausages** meat from the casings into chunks.



### 3 COOK THE SAUSAGES

Heat a **drizzle** of **olive oil** in a large frying pan over a high heat. Add the **sausage** and cook, breaking it up with a spoon, until golden, **4 minutes**. Add the **onion** and cook until softened, **2 minutes**. Reduce the heat to medium-high and add the **garlic**, **rosemary**, **arborio rice**, a **pinch** of **chilli flakes** (if using) and a **good pinch** of **lemon zest** and cook until fragrant, **1-2 minutes**. Add the **water**, **salt** and crumbled **chicken stock** (**1 1/2 cubes for 2 people / 3 cubes for 4 people**). Bring to the boil, then remove from the heat.



### 4 BAKE THE RISOTTO

Transfer the risotto to a large baking dish. Cover tightly with foil and bake until the liquid is absorbed and the rice is 'al dente', **24-28 minutes**. **TIP:** 'Al dente' means the rice is cooked through but still has a tiny bit of firmness in the middle.



### 5 FINISH THE RISOTTO

Stir through the **grated Parmesan cheese** until melted. Add the chopped **spinach** and stir through until wilted, then gently stir through the roasted **pumpkin**. Stir through a **splash** of **water** if the **risotto** looks gummy. Season to taste with **salt** and **pepper**.



### 6 SERVE UP

Divide the pumpkin and sausage risotto between bowls and serve with the lemon wedges.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
brown onion	1	2
garlic	2 cloves	4 cloves
rosemary	2 sticks	4 sticks
lemon	½	1
baby spinach leaves	1 bag	1 bag
classic pork sausages	1 packet	1 packet
arborio rice	1 packet	2 packets
chilli flakes (optional)	pinch	pinch
water*	2 cups	4 cups
salt*	¼ tsp	¼ tsp
chicken stock	1½ cubes	3 cubes
grated Parmesan cheese	2 sachet	4 sachets

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	4000kJ (955Cal)	746kJ (178Cal)
Protein (g)	41.8g	7.8g
Fat, total (g)	43.2g	8.1g
- saturated (g)	19.1g	3.6g
Carbohydrate (g)	95.7g	17.8g
- sugars (g)	10.3g	1.9g
Sodium (g)	1720mg	320mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

[Hello@HelloFresh.com.au](mailto:Hello@HelloFresh.com.au)

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