

## PORK SAUSAGE & ROASTED PUMPKIN RISOTTO

with Rosemary & Spinach



baked risotto, also studded with cubes of roasted pumpkin, rosemary and baby spinach.

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



Add pork sausage to a risotto



Peeled & Chopped Pumpkin



**Brown Onion** 







Lemon



Rosemary

**Baby Spinach** 



Sausages





Chilli Flakes (Optional)



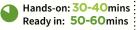
Chicken Stock





**Grated Parmesan** 

Pantry Staples: Olive Oil



Naturally gluten-free

Not suitable for Coeliacs

Spicy (optional chilli flakes)

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



#### **ROAST THE PUMPKIN** Preheat the oven to 220°C/200°C fanforced. 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.



**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.



**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.



**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.



**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 gluggy. Season to taste with **salt** and **pepper**.



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

### **ENJOY!**

# **INGREDIENTS**

2P	4P
refer to method	refer to method
1 packet (200g)	<b>1 packet</b> (400g)
1	2
2 cloves	4 cloves
2 sticks	4 sticks
1/2	1
1 bag	1 bag
1 packet	1 packet
1 packet	2 packets
pinch	pinch
2 cups	4 cups
¼ tsp	¼ tsp
1½ cubes	3 cubes
2 sachet	4 sachets
	refer to method 1 packet (200g) 1 2 cloves 2 sticks ½ 1 bag 1 packet 1 packet 2 cups ½ tsp 1½ cubes

<sup>\*</sup>Pantry Items

NUTRITION	PER SERVING	<b>PER 100G</b>
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

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