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Sausage and Pea Risotto

with Grated Parmesan



30-40min



2 Portions

Rolling Italian pork sausage into meatballs is a clever kitchen hack and adds fast flavour to risotto. Simply cook the onion, garlic and rice in the same pot to soak up all the pan juices, then let time on the stovetop bring it all together. Finished off with greens, parmesan and a small pat of butter, this creamy rice dish is a sure-fire family winner.

What we send

- chicken-style stock cube
- Italian pork sausage ¹⁷
- onion
- parmesan ⁷
- garlic
- rice
- broccoli
- green peas

What you'll require

- boiling water
- butter ⁷
- olive oil
- sea salt and pepper

Utensils

- medium frypan
- paper towel

Our vegies come fresh from the farm, so please wash them before use.

Allergens

Milk (7), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 845kcal, Fat 46.0g, Carbs 66.9g, Proteins 37.6g



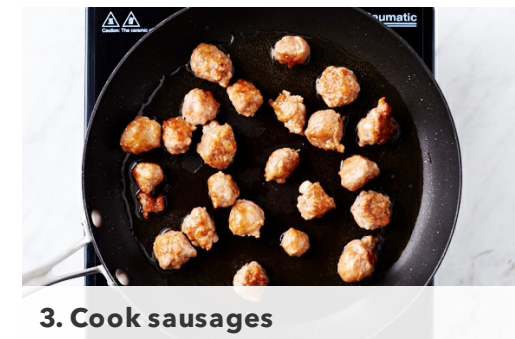
1. Make stock

Crumble the **stock cubes** into a small saucepan, add **750ml (3 cups) boiling water** and stir to combine. Bring to a simmer over medium heat.



2. Cook broccoli

Meanwhile, finely chop the **onion**. Crush or finely chop the **garlic**. Trim and cut the **broccoli** into small florets. Cook the broccoli in the simmering stock for 3-4 mins until tender. Remove with a slotted spoon and set aside, then reduce the heat to low and cover the stock with a lid to keep warm.



3. Cook sausages

Heat **2 tsp olive oil** in a medium heavy-based frypan over medium-high heat. Squeeze the **sausages** from their skins and add to the pan in small chunks. Cook, stirring, for 4-5 mins until light golden. Transfer to a plate lined with paper towel. Add the **onion** and **garlic** to the pan and cook, stirring occasionally, for 4-5 mins until slightly softened.



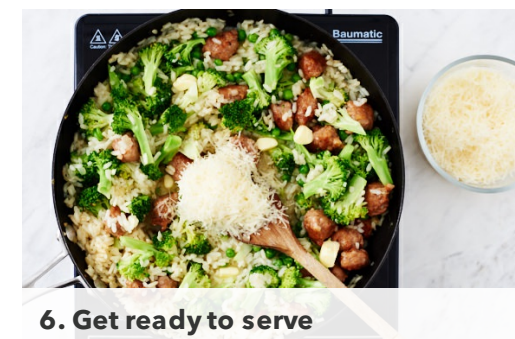
4. Start risotto

Add **rice**, season with **salt and pepper** and stir for 1-2 mins until the rice is well coated. Add **hot stock**, 250ml (1 cup) at a time, stirring continuously and allowing the stock to be absorbed before adding the next, until all stock has been used, the rice is creamy but still retains some bite, and the mixture is thick; this will take about 20 minutes.



5. Add vegetables


Drain and rinse the **peas**, then add the peas, **broccoli** and **sausage** to the rice and cook for a further 1-2 mins until warmed through.



6. Get ready to serve

Meanwhile, finely grate the **parmesan**. Stir **15g butter** and **half the parmesan** into the risotto and season with **salt and pepper**. Cover with a lid and stand for 2 mins. Divide the **risotto** among bowls and scatter over the **remaining parmesan** to serve.

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