



NUTRITION per serving 86g carbohydrates 45g fat 35g protein 1481mg sodium



Calories
839



Prep & Cook Time
30-40 min.



Cook Within
5 days



Difficulty
Intermediate



Spice Level
Mild



Italian Sausage Risotto

with Asiago and crispy kale

IN YOUR BOX

- 1 Yellow Onion
- 4 oz. Kale
- 2 Garlic Cloves
- ½ oz. Julienned Sun-Dried Tomatoes
- 2 Italian Sausage Links
- ¾ cup Arborio Rice
- 2 oz. Shredded Asiago Cheese
- 1 Tbsp. Tomato Paste
- ¼ tsp. Red Pepper Flakes

CONTAINS: milk

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- 2 Medium Pots
- Baking Sheet

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BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Preheat oven to **450 degrees**
- Bring **4 cups of water** to a boil in a medium pot
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray

WHILE YOU COOK

- Spice Alert!** A little goes a long way when it comes to **red pepper flakes**. Add a pinch at first, taste, and add more if desired.

FROM THE CHEF

Constantly stirring risotto does more than just give your arm a good workout. Stirring releases starches, a key for creamy risotto, and allows for even cooking of the rice.

Did you know...

Using hot liquid to make risotto helps it cook more efficiently because there's no time spent waiting for water to return to a simmer



Prepare the Ingredients

Halve and peel **onion**. Slice halves into thin strips. Stem **kale** and coarsely chop. Mince **garlic**. Coarsely chop **sun-dried tomatoes**. Pat **Italian sausage links** dry.



Sear the Sausage

Heat another medium pot over medium heat. Add 1 tsp. **olive oil** and **sausage links** to hot pot. Cook until browned on two sides, 3-4 minutes per side. Transfer to one half of prepared baking sheet. Reserve pot; no need to wipe clean.



Roast the Vegetables and Sausage

On other half of baking sheet, toss **onion** and **kale** with 2 tsp. **olive oil** and a pinch of **salt** and **pepper**. Spread into a single layer and roast until onion is tender and **sausage links** reach a minimum internal temperature of 165 degrees, 10-12 minutes. Rest sausages until cool enough to handle, then cut into ½” slices on an angle. While vegetables and sausage roast, make risotto.



Start the Risotto

Return pot used to sear sausage to medium-high heat. Add 2 tsp. **olive oil**, **Arborio rice**, **garlic**, and **sun-dried tomatoes** to hot pot. Stir constantly until rice is lightly browned, 2-3 minutes. Add 1 cup **boiling water**. *Rice should just be covered by water.* Stir constantly until nearly all water is absorbed, 4-6 minutes.



Finish the Risotto

Add ½ cup **boiling water** and stir until water is nearly all absorbed. Continue adding ½ cup water and stirring constantly, repeating the process until **risotto** has no more “bite” or crunch, 18-20 minutes. *There may be water left over.* Taste as you cook, checking for tenderness. Remove pot from burner and stir in **Asiago** and **tomato paste**. Season with a pinch of **salt**.



Finish the Dish

Place a serving of **risotto** in a shallow bowl. Top with **roasted vegetables** and **sausage**. Garnish with **red pepper flakes** (to taste).