



In your box

- .125 oz. Oregano
- 2 oz. Baby Spinach
- 1 oz. Grated Parmesan
- ½ cup Arborio Rice
- 2 tsp. Chicken Demi-Glace
- 4 fl. oz. Marinara Sauce
- 1 Red Bell Pepper
- 2 Garlic Cloves
- .6 oz. Butter

Customize It Options

- 8 oz. Italian Pork Sausage Links
- 12 oz. Ground Turkey
- 16 oz. Italian Pork Sausage Links-
Double Portion

*Contains: milk

You will need

Olive Oil, Salt, Pepper
Large Non-Stick Pan, Medium Pot,
Small Pot



Italian Sausage and Pepper Risotto

with spinach and Parmesan

NUTRITION per serving—Calories: 713, Carbohydrates: 60g, Fat: 39g, Protein: 31g, Sodium: 1638mg.

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

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

40-50 min.

Cook Within

5 days

Difficulty Level

Intermediate

Spice Level

Not Spicy

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- If using fresh produce, thoroughly rinse and pat dry
- Bring 3 cups **water** to a boil in a small pot
- Ingredient(s) used more than once: **Parmesan**

Customize It Instructions

- If using **16 oz. Italian sausage**, follow same instructions as 8 oz. sausage, cooking in batches if necessary.
- If using **ground turkey**, follow same instructions as Italian sausage in step 4, seasoning with a pinch of **salt** and **pepper**, and cooking until no pink remains, 7-9 minutes.

Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



1

Prepare the Ingredients

- Stem and mince **oregano**.
- Stem, seed, remove ribs, and cut **red bell pepper** into ½" dice.
- Coarsely chop **spinach**.
- Mince **garlic**.
- On a separate cutting board, remove **Italian sausage** from casing.



2

Start the Risotto

- Place a medium pot over medium-high heat and add 2 tsp. **olive oil**.
- Add **rice, garlic, and oregano** to hot pot. Stir occasionally until rice is toasted and opaque, 1-2 minutes.



3

Finish the Risotto

- Add 1 cup **boiling water** and **demi-glace** to pot with rice. *Rice should just be covered by liquid.* Stir often until nearly all liquid is absorbed.
- Add ½ cup boiling water and stir often until nearly all liquid is absorbed. Repeat this process, stirring often, 18-20 minutes.
- Taste *risotto* as you cook, *checking for tenderness. When rice has no more "bite" or crunch, it's done. There may be liquid left.*
- Remove from burner. Stir in **Parmesan** (reserving 1 Tbsp. for garnish), **butter**, and a pinch of **salt**. Cover and set aside.



4

Cook the Sausage Mixture

- Place a large non-stick pan over medium heat and add 1 tsp. **olive oil**. Add **sausage** and **red bell pepper** to hot pan. Stir often, breaking up sausage with a spoon, until no pink remains, 4-6 minutes.
- Stir in **spinach, marinara**, and a pinch of **pepper** and cook until spinach is wilted, 30-60 seconds.
- Remove from burner.



5

Finish the Dish

- Plate dish as pictured on front of card, topping **risotto** with **sausage mixture** and garnishing with reserved **Parmesan**. Bon appétit!