



Sausage and Pepper Rice

with Balsamic-Dressed Salad

20-min



Mild Italian Sausage, uncased



Italian Seasoning



Sweet Bell Pepper



Mirepoix



Garlic Powder



Basmati Rice



Chicken Broth Concentrate



Arugula and Spinach Mix



Baby Tomatoes



Balsamic Vinegar



Parmesan Cheese, shredded



Tomato Sauce Base

HELLO MIREPOIX

A classic flavour base made up of carrots, celery and onions!

Start here

Before starting, wash and dry all produce.

Bust out

Measuring spoons, medium pot, large bowl, measuring cups, whisk, large non-stick pan

Ingredients

	2 Person	4 Person
Mild Italian Sausage, uncased	250 g	500 g
Italian Seasoning	½ tbsp	1 tbsp
Sweet Bell Pepper	160 g	320 g
Mirepoix	113 g	227 g
Garlic Powder	1 tsp	2 tsp
Basmati Rice	¾ cup	1 ½ cups
Chicken Broth Concentrate	2	4
Arugula and Spinach Mix	56 g	113 g
Baby Tomatoes	113 g	227 g
Balsamic Vinegar	1 tbsp	2 tbsp
Parmesan Cheese, shredded	½ cup	1 cup
Tomato Sauce Base	2 tbsp	4 tbsp
Sugar*	¼ tsp	½ tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

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hello@hellofresh.ca

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Parboil rice

- Stir together **rice**, **half the broth concentrate**, **1 ¼ cups hot water** and **¼ tsp salt** (dbl all for 4 ppl) in a medium pot. Cover and bring to a boil over high heat.
- Once boiling, reduce heat to low. Cover and cook until **rice** is almost tender, 10 min.
- Remove the pot from heat. Set aside, still covered.



Prep

- Meanwhile, halve **tomatoes**.
- Add **vinegar**, **¼ tsp sugar** and **1 ½ tbsp oil** (dbl both for 4 ppl) to a large bowl. Season with **salt** and **pepper**, to taste, then whisk to combine.



Cook sausage and peppers

- Meanwhile, heat a large non-stick pan over medium-high heat.
- While the pan heats, core, then cut **pepper** into ½-inch pieces.
- When the pan is hot, add **1 tbsp oil** (dbl for 4 ppl), then **mirepoix** and **sausage**. Cook, breaking up **sausage** into smaller pieces, until cooked through, 4-5 min. ** Season with **salt** and **pepper**.
- Add **peppers**. Cook, stirring occasionally, until **peppers** soften slightly, 2-3 min. Season with **salt** and **pepper**.



Make salad

- When **rice** is done, add **tomatoes** and **arugula and spinach mix** to the bowl with **vinaigrette**. Toss to combine.



Cook sauce and rice

- Add **tomato sauce base**, **garlic powder**, **remaining broth concentrate** and **half the Italian Seasoning** (use all for 4 ppl) to the pan with **sausage** and **peppers**. Cook, stirring often, until **mixture** is coated, 30 sec.
- Add **rice** and **¼ cup hot water** (dbl for 4 ppl), then stir to combine.
- Sprinkle **half the Parmesan** over the pan. Cover, then reduce heat to medium-low.
- Cook until **rice** is tender and **liquid** is absorbed, 4-6 min.
- Remove the pot from heat. Set aside, still covered, 2-3 min.



Finish and serve

- Stir **rice** to combine with **melted Parmesan**.
- Divide **sausage and pepper rice** between plates.
- Sprinkle **remaining Parmesan** over top.
- Serve **salad** alongside.

Dinner Solved!