



## Monster Meatball Parm

over Spaghetti with Cheesy Broccoli

30-40min 2 Servings

This dish is proof that not all monsters are scary—in fact, this one is all things delicious. Al dente spaghetti is topped with a monstrous meatball covered in homemade tomato sauce and melty mozzarella cheese. It's served alongside Parmesan-coated roasted broccoli for the ultimate comfort meal.

## What we send

- garlic
- 2 (3/4 oz) Parmesan 7
- 10 oz pkg grass-fed ground beef
- 1 oz panko <sup>1,6</sup>
- 1/4 oz pizza spice
- 3 3/4 oz mozzarella 7
- 14 oz can whole-peeled tomatoes
- 1/2 lb broccoli
- 6 oz spaghetti 1

## What you need

- kosher salt & ground pepper
- olive oil
- 1 large egg <sup>3</sup>
- sugar
- butter <sup>7</sup>

## Tools

- medium pot
- microplane or grater
- medium ovenproof skillet
- rimmed baking sheet

## Allergens

Wheat (1), Egg (3), Soy (6), Milk (7).  
May contain traces of other allergens.  
Packaged in a facility that packages  
gluten containing products.

## Nutrition per serving

Calories 1200kcal, Fat 64g, Carbs  
94g, Proteins 67g



### 1. Prep ingredients

Preheat oven to 450°F with racks in the center and lower third. Bring a medium pot of **salted water** to a boil; keep warm over low heat until step 6. Finely chop **1 teaspoon garlic**. Finely grate **all of the Parmesan**.



### 2. Season & bake meatball

Lightly **oil** a medium ovenproof skillet. In a medium bowl, combine **beef**, **half each of Parmesan and garlic**, **1/4 cup panko**, **1 teaspoon each of pizza spice and salt**, **1 large egg**, and **a few grinds of pepper**. Form into a 6-inch oval meatball and place in prepared skillet. Transfer to center oven rack and bake until lightly browned and just firm to the touch, 15 minutes.



### 3. Prep mozzarella & sauce

While **meatball** bakes, thinly slice **mozzarella**. In a medium bowl, combine **tomatoes**, **remaining chopped garlic**, **1 teaspoon each of pizza spice and oil**, and **a pinch of sugar**. Use a fork to mash tomatoes and stir into a chunky sauce. Season to taste with **salt** and **pepper**.



### 4. Finish meatball Parm

Carefully, pour off **any excess fat** from skillet with **meatball**. Spoon **tomato sauce** over meatball, then top with **mozzarella**. Bake on the center oven rack until cheese is melted, tomato sauce is bubbling, and meatball is cooked through and reaches 165°F internally, about 15 minutes. Remove from oven and let stand for 5 minutes. Season sauce with **salt** and **pepper**.



### 5. Roast cheesy broccoli

Meanwhile, trim **broccoli**, then cut into 1-inch florets. On a rimmed baking sheet, toss broccoli with **2 teaspoons oil**; season with **salt** and **pepper**. Roast on lower rack until tender and browned in spots, about 12 minutes. Remove from oven and sprinkle with **remaining Parmesan**. Roast on lower oven rack until cheese is melted and browned in spots, 3-5 minutes.



### 6. Cook pasta & serve

Add **spaghetti** to boiling water and cook, stirring occasionally, until al dente, 10-12 minutes. Reserve **1/4 cup cooking water**; drain pasta and return to pot. Add **reserved cooking water** and **1 tablespoon each of butter and oil**. Cook over low, stirring, until butter melts, 1-2 minutes; season to taste. Slice **meatball Parm** and serve over **pasta** with **broccoli** alongside. Enjoy!