



Beef Meatballs Agrodolce

with Roasted Brussels Sprouts



20-30min



2 Servings

Agrodolce may be Italian for sweet and sour, but as far as we're concerned, it's synonymous with delicious! Tender meatballs studded with dried currants are browned in a skillet and then simmered in a rich balsamic broth that cooks down to a silky, sweet, tangy glaze. The whole yummy affair gets served over buttery polenta with crispy, roasted Brussels sprouts on the side.

What we send

- ½ lb Brussels sprouts
- 1 shallot
- 1 pkt beef broth concentrate
- golden balsamic vinegar (use 1½ Tbsp)
- 10 oz pkg grass-fed ground beef
- 1 oz panko (use ¼ c)^{1,6}
- ½ oz dried currants
- 5 oz all-purpose flour (use 2 Tbsp)¹
- 3 oz quick-cooking polenta

What you need

- sugar
- olive oil
- kosher salt & ground pepper
- 1 large egg³
- 1 Tbsp butter⁷

Tools

- rimmed baking sheet
- medium skillet
- small saucepan

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

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 1000kcal, Fat 62g, Carbs 75g, Proteins 42g



1. Prep ingredients

Preheat the oven to 450°F with a rack in the center. Trim ends from **Brussels sprouts**, then remove any outer leaves, if necessary; cut in half lengthwise. Finely chop **¼ cup shallot**. In a liquid measuring cup, stir to combine **beef broth concentrate, 1½ tablespoons golden balsamic vinegar, ⅔ cup water, and 1 tablespoon sugar**.



4. Cook meatballs

In a medium skillet, heat **2 tablespoons oil** over medium-high until shimmering. Add **meatballs** and cook turning once or twice, until browned but not cooked through, 6–8 minutes. Pour off any excess fat.



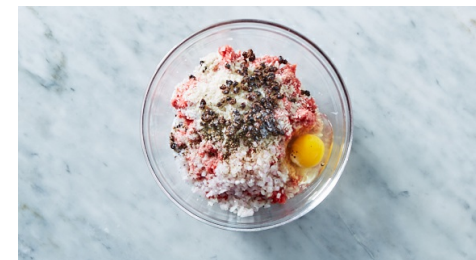
2. Roast Brussels sprouts

On a small rimmed baking sheet, toss **Brussels sprouts** with **1 tablespoon oil** and season with **salt** and **pepper**. Roast on center oven rack until tender and golden, 15–20 minutes. Cover to keep warm until ready to serve.



5. Finish meatballs

Stir **remaining chopped shallots** into skillet and cook, stirring, until fragrant, about 1 minute. Add **broth mixture** and cook over medium-high heat, turning to coat meatballs in sauce until sauce thick and glossy and meatballs are cooked to 160°F internally, 6–8 minutes. Season to taste with **salt** and **pepper**. Cover to keep warm until ready to serve.



3. Mix & shape meatballs

Meanwhile, in a large bowl, knead to combine **beef, currants, half of the chopped shallots, ¼ cup panko, 1 large egg, 1 teaspoon salt, and ½ teaspoon pepper**. Roll the mixture into 10 equal-sized meatballs; dust with **2 tablespoons flour**.



6. Cook polenta & serve

Meanwhile, in a small saucepan, bring **2½ cups water** to a boil. Whisk in **polenta** and **1 teaspoon salt**; cook over low heat, stirring occasionally, until grains are tender and polenta is thickened, 6–8 minutes. Stir in **1 tablespoon butter**; season to taste with **salt** and **pepper**. Serve polenta topped with **meatballs, sauce** alongside **Brussels sprouts**. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

View the recipe online by visiting your account at marleyspoon.com **#marthaandmarleyspoon**