



## 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)<sup>1,6</sup>
- ½ oz dried currants
- 5 oz all-purpose flour (use 2 Tbsp)<sup>1</sup>
- 3 oz quick-cooking polenta

## What you need

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

## 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 **1/4 cup shallot**. In a liquid measuring cup, stir to combine **beef broth concentrate, 1½ tablespoons golden balsamic vinegar, ⅓ cup water**, and **1 tablespoon sugar**.



### 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.



### 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**.



### 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.



### 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.



### 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!