

DINNERLY



Spaghetti & Plant-Based "Meatballs"

No chopping. No slicing. No knife required!



20-30min



2 Servings

Dinner needs to be on the table ASAP. Do you A) Order take-out for the umpteenth time? Or B) Make these saucy plant-based veggie meatballs? Personally, we'd choose B. This dish requires absolutely no prepwork—just season our plant-based ground and shape into meatballs, brown them in a skillet, boil the pasta, stir the sauce together, and top with grated Parm. We've got you covered!

WHAT WE SEND

- ¾ oz piece Parmesan ⁷
- 1 oz panko ^{1,6}
- ¼ oz Italian seasoning
- ¼ oz granulated garlic
- ½ lb pkg plant-based ground ^{1,6,15}
- 6 oz spaghetti ¹
- 8 oz can tomato sauce

WHAT YOU NEED

- kosher salt & ground pepper
- 1 large egg ³
- olive oil
- sugar

TOOLS

- large saucepan
- microplane or grater
- medium nonstick skillet

ALLERGENS

Wheat (1), Egg (3), Soy (6), Milk (7), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 890kcal, Fat 37g, Carbs 97g, Protein 44g



1. Prep water & Parmesan

Bring a large saucepan of **salted water** to a boil.

Finely grate **Parmesan**.



2. Make meatballs

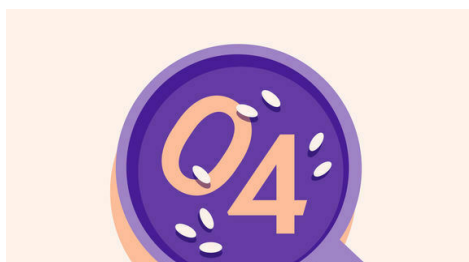
In a medium bowl, whisk together **panko**, **2 tablespoons of the grated Parmesan**, **1 large egg**, **a few grinds of pepper**, and **½ teaspoon each of Italian seasoning, salt, and granulated garlic**. Add **plant-based ground**; gently knead with your hands until evenly mixed together; shape into 12 meatballs (about 1 heaping tablespoon each).



3. Cook meatballs & pasta

Heat **2 tablespoons oil** in a medium nonstick skillet over medium-high. Add **meatballs** and cook, turning occasionally, until well-browned on multiple sides, 5–7 minutes.

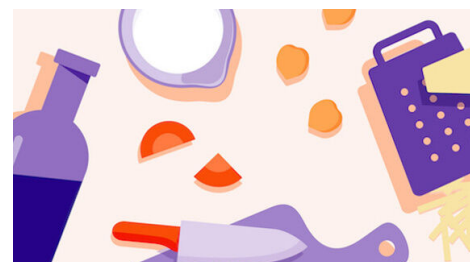
Meanwhile, add **pasta** to saucepan with boiling **water**. Cook, stirring occasionally to prevent sticking, until al dente, 8–9 minutes. Reserve **⅓ cup cooking water**; drain pasta and set aside until ready to serve.



4. Make sauce & serve

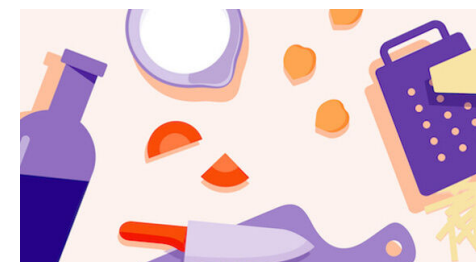
To skillet with **meatballs**, add **tomato sauce**, **reserved cooking water**, and **½ teaspoon each of Italian seasoning, granulated garlic, sugar, and salt**. Cook over medium heat, gently stirring, until warmed through, 2–4 minutes. Season to taste with **salt** and **pepper**.

Serve **meatballs** and **sauce** over **spaghetti** with **remaining Parmesan** sprinkled over top. Enjoy!



5. ...

What were you expecting, more steps?



6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!