

# DINNERLY



## Zucchini "Meatballs" with Spaghetti & Parm



30-40min



2 Servings

Meatballs made with meat get so much love, and for good reason. But, sometimes we've gotta up the veggie intake. So, whether it's by choice because you're into veggies, or by force because you want someone else to be into veggies, these zucchini "meatballs" are just the ticket. They're smothered in tomato sauce and served on a bed of spaghetti with no meat in sight. Veggie all the way. We've go...

## WHAT WE SEND

- garlic (use 2 large cloves)
- ¾ oz piece Parmesan <sup>2</sup>
- 2 zucchini
- Italian seasoning (use
- 2 oz panko <sup>3</sup>
- ½ lb spaghetti <sup>3</sup>
- 2 (8 oz) cans tomato sauce

## WHAT YOU NEED

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

## TOOLS

- box grater
- large pot
- rimmed baking sheet
- small saucepan

## ALLERGENS

Egg (1), Milk (2), Wheat (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

Calories 800kcal, Fat 15g, Carbs 143g, Protein 29g



### 1. Prep ingredients

Preheat oven to 425°F with a rack in the upper third. Bring a large pot of **salted water** to a boil. Peel and finely chop **2 teaspoons garlic**. Finely grate **Parmesan** on the small holes of a box grater. Grate **zucchini** directly onto a clean kitchen towel on the large holes of box grater. Wring out as much liquid as possible from zucchini; transfer to a large bowl.



### 2. Form zucchini "meatballs"

Lightly **oil** a rimmed baking sheet. To bowl with **zucchini**, add **panko**, **1 teaspoon of the chopped garlic**, **¼ teaspoon of the Italian seasoning**, **half of the Parmesan**, **1 large egg**, **½ teaspoon salt**, and **a few grinds pepper**; mix well to combine. Form into **12 balls** and place on prepared baking sheet.



### 3. Bake zucchini "meatballs"

Bake **zucchini balls** on upper oven rack until firm and browned, 20–25 minutes. Meanwhile, add **spaghetti** to boiling water, cook, stirring, until al dente, about 9 minutes. Reserve **¼ cup pasta water**, then drain and return pasta to pot.



### 4. Cook marinara

Heat **remaining garlic** and **1 tablespoon oil** in a small saucepan over medium-high; cook until fragrant, about 1 minute. Add **all of the tomato sauce**, **½ cup water**, **½ teaspoon Italian seasoning**, and **1 teaspoon sugar**; bring to a boil and season to taste with **salt** and **pepper**. Reduce heat to medium and simmer until reduced to 2 cups, 5–8 minutes.



### 5. Finish & serve

Return pot with **pasta** to medium; add **reserved pasta water** and **½ cup of marinara sauce**, tossing to coat, about 1 minute. Serve **spaghetti** topped with **zucchini "meatballs"**, **remaining marinara**, and **remaining Parmesan**. Enjoy!



### 6. Take it to the next level

What goes better with spaghetti and "meatballs" than a big toasty loaf of garlic bread? Go ahead and load the cut sides of ciabatta or Italian bread with butter and grated garlic, wrap in foil, and toast in the oven until crusty and melted.