



Red Sauce Ricotta Meatballs

with Rigatoni & Crispy Broccoli



30-40min



2 Servings

What's the secret to the amazing meatballs at that old-school Italian joint? Ricotta! It ensures they stay tender and moist. We brown the meatballs, then simmer them in a ready-to-heat marinara sauce. Starchy cooking water helps thicken the sauce and coat the al dente pasta. Alongside is crispy broccoli with panko and bada-bing!—it's a scene from an Italian restaurant.

What we send

- garlic
- ½ lb broccoli
- 10 oz pkg grass-fed ground beef
- 4 oz ricotta ⁷
- 1 oz panko ^{1,6}
- 6 oz rigatoni ¹
- 8 oz marinara sauce

What you need

- kosher salt & ground pepper
- olive oil

Tools

- medium pot
- rimmed baking sheet
- medium skillet

Cooking tip

Mixing and shaping meatballs ahead of time can make dinner preparation a breeze! Simply follow steps 1-2, then store meatballs in an airtight container in the refrigerator until ready to use.

Allergens

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

Nutrition per serving

Calories 1080kcal, Fat 58g, Carbs 91g, Protein 51g



1. Prep ingredients

Preheat broiler to high with rack in center. Bring a medium pot of **salted water** to a boil. Finely chop **2 teaspoons garlic**.

Cut **broccoli** into 1-inch florets, if necessary.

In a medium bowl, add **ground beef, ricotta, garlic, ¼ cup of the panko, ½ teaspoon salt**, and **several grinds of pepper**. Knead gently to combine. Shape beef into 8 meatballs.



2. Broil meatballs

Lightly **oil** a rimmed baking sheet. Transfer **meatballs** to rimmed baking sheet and drizzle with oil. Broil on center oven rack until browned on the bottom and cooked through, 10-12 minutes (watch carefully). Meanwhile, heat **1 tablespoon oil** in a medium skillet over medium-high. Add **remaining panko** and cook, stirring, until toasted, 1-3 minutes. Transfer to bowl and wipe out skillet.



3. Cook pasta

Add **pasta** to boiling water and cook until al dente, 8-10 minutes. Reserve **½ cup cooking liquid**, drain well and return to pot with **1 tablespoon olive oil**. Cover to keep warm until serving.



4. Heat marinara

Transfer **marinara sauce** and **reserved pasta water** to reserved skillet. Heat over medium until warmed through. When **meatballs** are done cooking, transfer to skillet with marinara and turn to coat in sauce. Keep over medium-low heat, stirring occasionally, until ready to serve (sauce will thicken as it cooks).



5. Broil broccoli

Carefully move broiler rack to upper third. On baking sheet used to cook meatballs, toss **broccoli** with **2 tablespoons oil** and **a pinch each of salt and pepper**. Transfer to upper oven rack and cook until browned and tender, 8-10 minutes (watch carefully as broilers vary).



6. Finish & serve

Sprinkle **toasted panko** over **broccoli**. Divide **pasta** between plates. Spoon **meatballs and sauce** over the top of the pasta. Serve **crispy broccoli** alongside. Enjoy!