



Italian Wedding Soup

with Meatballs, Orzo & Pesto



20-30min



2 Servings

This classic soup gets its name from the Italian phrase "minestra maritata," which means "married soup," a reference to the union of flavors. Homemade meatballs simmer with spinach, aromatics, and orzo in a savory broth. The result is a no-fuss, one-pot soup that ticks all the boxes.

What we send

- 1 carrot
- 4 oz snap peas
- 1 oz panko ¹
- 10 oz pkg grass-fed ground beef
- ¼ oz Tuscan spice blend
- 1 pkt turkey broth concentrate
- 3 oz orzo ¹
- 3 oz baby spinach
- ¾ oz Parmesan ⁷
- 2 oz basil pesto ⁷

What you need

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

Tools

- medium pot
- microplane or grater

Cooking tip

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Allergens

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

Nutrition per serving

Calories 790kcal, Fat 39g, Carbs 53g, Protein 46g



1. Prep ingredients

Finely chop **1 teaspoon garlic**. Scrub **carrot**, halve lengthwise, and cut into ½-inch half-moons. Thinly slice **snap peas** lengthwise.

In a medium bowl, add **beef, Tuscan spice, ¼ cup panko, 1 large egg, several grinds of pepper**, and **½ teaspoon salt**. Knead gently to combine. Shape into 8 meatballs.



4. Add spinach & snap peas

Uncover pot, then stir in **spinach** and **snap peas**. Cook until spinach is wilted and snap peas are crisp-tender, about 2 minutes. Season **soup** to taste with **salt** and **pepper**.



2. Brown meatballs

Heat **1 tablespoon oil** in a medium pot over medium-high. Add **meatballs** and cook, turning occasionally, until just cooked through, 12-16 minutes.

Add carrots; cook, stirring occasionally, until meatballs are browned and carrots are tender, 3-5 minutes. Add **garlic** and cook, stirring, until fragrant, about 1 minute.



5. Finish

Finely grate **Parmesan**. Spoon **soup** into bowls. Garnish **soup** with **Parmesan** and **pesto** just before serving. Enjoy!



3. Start soup & cook orzo

To pot with **carrots and meatballs**, stir in **broth concentrate** and **3 cups water**, scraping up any browned bits from bottom of pot. Bring to a boil. Stir **orzo** into **soup**. Cover and reduce heat to a simmer. Cook until orzo is tender, 8-10 minutes.



6. Serve

Enjoy!