

DINNERLY



Tex-Mex Meatballs Over Cauliflower Rice

with Enchilada Sauce



20-30min



2 Servings

We made this recipe carb conscious by customizing with cauliflower.

WHAT WE SEND

- 10 oz pkg grass-fed ground beef
- ¼ oz taco seasoning
- 1 oz panko ¹
- 4 oz red enchilada sauce
- 2 oz shredded cheddar-jack blend ⁷
- ¼ oz fresh cilantro
- 1 head cauliflower

WHAT YOU NEED

- kosher salt
- neutral oil

TOOLS

- medium skillet

ALLERGENS

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

NUTRITION PER SERVING

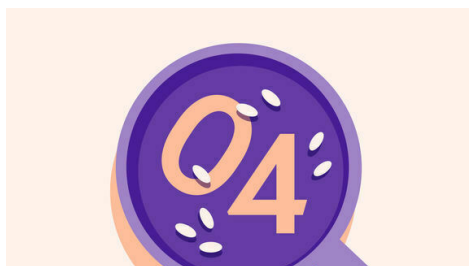
Calories 580kcal, Fat 30g, Carbs 26g, Protein 41g



1. Cook cauliflower rice

Holding the stem end, grate one half of the **cauliflower** (save rest for own use), creating small bits that resemble rice.

Heat **1 tablespoon oil** in a medium skillet over high heat. Add **cauliflower rice** and cook, stirring, until crisp-tender, about 5 minutes. Transfer to a bowl; wipe skillet clean. Cover to keep warm off heat until ready to serve.



4. Finish & serve

Sprinkle **¾ of the cheese** over **meatballs**. Reduce heat to medium and cover skillet. Cook until cheese is just melted, about 2 minutes. Fluff **rice** with a fork. Pick **cilantro leaves** from stems; tear leaves and discard stems.

Serve **Tex-Mex meatballs** over **cauliflower rice** with **cilantro** and **remaining cheese** sprinkled over top. Enjoy!



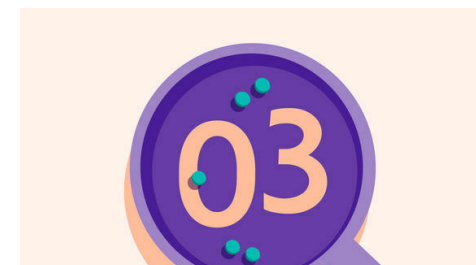
2. Shape meatballs

In a medium bowl, mix to combine **ground beef**, **taco seasoning**, and **panko**. Using lightly moistened hands, form into 10 equal-sized meatballs.



5. ...

What were you expecting, more steps?



3. Cook meatballs

Heat **2 teaspoons oil** in a same skillet over medium-high. Add **meatballs** and cook, stirring occasionally, until browned and almost cooked through, 6–8 minutes. Add **¼ cup water** and **enchilada sauce**; simmer until meatballs are cooked through, 2–3 minutes.



6. ...

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