

DINNERLY



Scampi Style Beef Meatballs with Spaghetti & Spinach



40-50min



2 Servings

| This version of the recipe is customized with ground beef.

WHAT WE SEND

- 1 oz panko ¹
- 1 lemon
- 2 (¾ oz) pieces Parmesan ⁷
- ¼ oz fresh parsley
- 10 oz pkg grass-fed ground beef
- 6 oz spaghetti ¹
- 5 oz baby spinach

WHAT YOU NEED

- kosher salt & black pepper
- garlic
- milk (optional) ⁷
- 1 large egg ³
- olive oil
- 4 Tbsp butter ⁷

TOOLS

- large saucepan
- microplane or grater
- medium skillet

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 1160kcal, Fat 64g, Carbs 80g, Protein 54g



1. Prep ingredients

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

In a medium bowl, combine **panko** with 2 **tablespoons milk**; set aside.

Zest **all of the lemon**. Finely grate **all of the Parmesan**. Finely chop 1 **tablespoon garlic**. Pick **parsley leaves** from stems and finely chop; discard stems.



2. Mix meatballs

To bowl with **panko**, add **beef**, **half each of the lemon zest**, **Parmesan**, and **parsley**, 1 **teaspoon of the chopped garlic**, 1 **large egg**, ¾ **teaspoon salt**, and a **couple grinds of pepper**. Mix well to combine.

Using **oiled hands**, divide into **tablespoon-sized meatballs**.



3. Cook pasta & meatballs

Add **pasta** to saucepan with boiling **salted water**; cook, stirring occasionally, until just shy of al dente, 7–8 minutes. Reserve 1 **cup cooking water**; drain pasta.

Meanwhile, heat 1 **tablespoon oil** in a medium skillet over medium-high until shimmering. Add **meatballs**; cook, flipping occasionally, until browned on multiple sides and cooked through, 3–5 minutes. Transfer to a plate.



4. Cook sauce

Add 1 **tablespoon oil** and **remaining chopped garlic** to skillet; cook until just starting to turn golden. Add **spinach** and cook until wilted, 1–2 minutes. Add ½ **cup of the reserved cooking water**, **half of the lemon juice**, **remaining lemon zest**, and 4 **tablespoons butter**. Cook, stirring and rapidly swirling skillet until a silky, opaque sauce forms.



5. Finish & serve

Add **pasta** to skillet and cook, rapidly stirring, until al dente and coated in a creamy glaze, 2–3 minutes (If necessary, add more cooking water, ¼ cup at a time, to loosen sauce). Off heat, add **meatballs** and **remaining Parmesan and parsley**; toss to combine.



Season **scampi style meatballs and spaghetti** to taste with **salt** and **pepper** before serving. Enjoy!



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