



Double Broccoli Spaghetti & Meatballs

with Parmesan

| This version of the recipe is customized with double the broccoli.



40min



2 Servings

What we send

- 2 (½ lb) broccoli
- 14½ oz can whole peeled tomatoes
- 6 oz spaghetti ¹
- 2 (¾ oz) Parmesan ⁷
- 10 oz pkg grass-fed ground beef
- 1 oz panko ¹
- ¼ oz Tuscan spice blend

What you need

- kosher salt & pepper
- olive oil
- 1 large egg ³
- sugar

Tools

- large saucepan
- microplane or grater
- rimmed baking sheet
- 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 1090kcal, Fat 47g, Carbs 98g, Protein 59g



1. Prep ingredients

Preheat oven to 400°F with a rack in the center. Bring a large saucepan of **salted water** to a boil. Finely grate **all of the Parmesan**. Cut **broccoli** into 1-inch florets, if necessary. Use kitchen shears to cut **tomatoes** in the can until finely chopped.



4. Shape & fry meatballs

In a medium bowl, combine **beef, panko, 1 large egg, 2 tablespoons Parmesan, 1 teaspoon Tuscan spice, ¾ teaspoon salt, and a few grinds of pepper**. Shape into 8 equal-sized meatballs. Heat **2 tablespoons oil** in a medium skillet over medium-high. Add meatballs and cook, turning, until browned all over, 3-4 minutes (they won't be cooked through). Transfer meatballs to a plate.



2. Cook pasta

Add **pasta** to boiling water. Cook, stirring occasionally, until al dente, 8-9 minutes. Reserve **½ cup cooking water**, then drain pasta. Return pasta to saucepan and toss with **1 teaspoon oil**. Cover to keep warm until ready to serve.



5. Cook sauce

Add **chopped tomatoes**, and **1-1½ teaspoons Tuscan spice**, and a **pinch of sugar** to same skillet. Season to taste with **salt and pepper**. Add **meatballs** to sauce in skillet. Bring to a boil. Reduce heat to medium, and simmer until sauce reduces slightly and meatballs are cooked through, 3-4 minutes.



3. Roast broccoli

Meanwhile, toss **broccoli** with **2 tablespoons oil** on a rimmed baking sheet; season with **salt and pepper**. Sprinkle **half of the Parmesan** over top. Roast on center oven rack until broccoli is tender and Parmesan is lightly browned, 8-10 minutes.



6. Finish & serve

Spoon **some of the sauce** into saucepan with **pasta**, and toss to combine. (If sauce seems too thick, thin with **1 tablespoon reserved cooking water** as needed.) Place **pasta** on plates and top with **meatballs** and **more sauce**. Serve **broccoli** and **any remaining Parmesan** alongside. Enjoy!