



Tapas-Style Meatball Stew with Organic Beef

& Garlic Toast



30-40min



2 Servings

Albondigas are Spanish meatballs traditionally served tapas-style. Simmered in a rich tomato sauce, seasoned with a chorizo chili spice blend and bulked up with roasted vegetables, these tender beef meatballs are served with crusty bread, to sop up all the sauce.

What we send

- 1 bell pepper
- 1 zucchini
- ¼ oz fresh parsley
- 14½ oz whole peeled tomatoes
- 1 oz panko ¹
- ¼ oz chorizo chili spice blend
- 1 baguette ¹
- 2 oz mayonnaise ^{3,6}
- 10 oz pkg organic ground beef

What you need

- olive oil
- kosher salt & pepper
- 1 large egg ³
- red wine vinegar (or apple cider vinegar) ¹⁷
- garlic

Tools

- medium ovenproof skillet (preferably cast-iron)
- aluminium foil

Cooking tip

Mixing meatballs mix and shaping them the day before you plan on serving them makes dinner prep a breeze! Store the meatballs in an airtight container in the refrigerator until ready to bake.

Allergens

Wheat (1), Egg (3), Soy (6), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 940kcal, Fat 59g, Carbs 61g, Protein 43g



1. Roast vegetables

Preheat oven to 450°F with a rack in the upper third. Halve **pepper**, discard stem and seeds, then cut into 1-inch pieces. Trim **zucchini**, then cut into 1-inch pieces.

In a medium ovenproof skillet (preferably cast-iron), toss vegetables with **1 tablespoon oil**. Season with **salt** and **pepper**. Roast on upper oven rack until vegetables are soft, 10-12 minutes.



4. Roast meatballs

Arrange **meatballs** over **roasted vegetables** in skillet. Pour **tomatoes and juices** over, then stir in **1 teaspoon vinegar**; season with **salt** and **pepper**. Bake on upper oven rack until meatballs are cooked through and sauce is slightly reduced, 12-15 minutes. Remove skillet, stir ingredients, and switch oven to broil. Broil until meatballs are browned, 3-4 minutes (watch closely).



2. Prep ingredients

Finely chop **1 teaspoon garlic**; halve 1 clove and reserve for step 5.

Coarsely chop **parsley leaves and stems** together.

Cut **tomatoes** in the can with kitchen shears until finely chopped.



5. Toast bread

Halve **baguettes** lengthwise, then generously brush cut sides with **oil**. Place on a sheet of aluminum foil, **oiled** side up. Broil on upper oven rack until golden-brown on both sides, 1-2 minutes per side (watch closely).

Rub cut sides of bread with **halved garlic clove**. Season with **salt**. Cut each piece of bread into quarters.



3. Prep meatballs

In a medium bowl, knead to combine **ground beef**, **half each of the chopped garlic and parsley**, **¼ cup panko**, **1 teaspoon chorizo chili spice blend**, **1 lightly beaten egg**, **1 teaspoon salt**, and **a few grinds of pepper**.

Shape into **10 meatballs** (about 2 tablespoons each).



6. Make aioli & serve

In a small bowl, stir to combine **mayonnaise**, **remaining chopped garlic**, and **2 teaspoons each of water and oil**. Season to taste with **salt** and **pepper**.

Garnish **meatballs** with **remaining chopped parsley**, then serve with **garlic toasts** and **aioli** for spreading on toast or dipping. Enjoy!