



Red Sauce Ricotta Meatballs

with Rigatoni & Crispy Broccoli



30-40min



2 Servings

What's the secret to the amazing meatballs at that old-school Italian joint? Ricotta! It ensures they stay tender and moist. We brown the meatballs, then simmer them in a ready-to-heat marinara sauce. Starchy cooking water helps thicken the sauce and coat the al dente pasta. Alongside is crispy broccoli with panko and bada-bing!—it's a scene from an Italian restaurant.

What we send

- garlic
- ½ lb broccoli
- 10 oz pkg grass-fed ground beef
- 4 oz ricotta ⁷
- 1 oz panko ¹
- 6 oz rigatoni ¹
- ½ lb marinara sauce

What you need

- kosher salt & ground pepper
- olive oil

Tools

- medium pot
- rimmed baking sheet
- medium skillet

Cooking tip

Mixing and shaping meatballs ahead of time can make dinner preparation a breeze! Simply follow steps 1-2, then store meatballs in an airtight container in the refrigerator until ready to use.

Allergens

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

Nutrition per serving

Calories 1070kcal, Fat 52g, Carbs 90g, Protein 52g



1. Prep ingredients

Preheat broiler to high with rack in center. Bring a medium pot of **salted water** to a boil. Finely chop **2 teaspoons garlic**.

Cut **broccoli** into 1-inch florets, if necessary.

In a medium bowl, add **ground beef, ricotta, garlic, ¼ cup of the panko, ½ teaspoon salt**, and **several grinds of pepper**. Knead gently to combine. Shape beef into 8 meatballs.



4. Heat marinara

Transfer **marinara sauce** and **reserved pasta water** to reserved skillet. Heat over medium until warmed through. When **meatballs** are done cooking, transfer to skillet with marinara and turn to coat in sauce. Keep over medium-low heat, stirring occasionally, until ready to serve (sauce will thicken as it cooks).



2. Broil meatballs

Lightly **oil** a rimmed baking sheet. Transfer **meatballs** to rimmed baking sheet and drizzle with oil. Broil on center oven rack until browned on the bottom and cooked through, 10-12 minutes (watch carefully). Meanwhile, heat **1 tablespoon oil** in a medium skillet over medium-high. Add **remaining panko** and cook, stirring, until toasted, 1-3 minutes. Transfer to bowl and wipe out skillet.



5. Broil broccoli

Carefully move broiler rack to upper third. On baking sheet used to cook meatballs, toss **broccoli** with **2 tablespoons oil** and **a pinch each of salt and pepper**. Transfer to upper oven rack and cook until browned and tender, 8-10 minutes (watch carefully as broilers vary).



3. Cook pasta

Add **pasta** to boiling water and cook until al dente, 8-10 minutes. Reserve **½ cup cooking liquid**, drain well and return to pot with **1 tablespoon olive oil**. Cover to keep warm until serving.



6. Finish & serve

Sprinkle **toasted panko** over **broccoli**. Divide **pasta** between plates. Spoon **meatballs and sauce** over the top of the pasta. Serve **crispy broccoli** alongside. Enjoy!