



## Martha's Best Tapas-Style Meatball Stew

with Garlic Toast & Aioli



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
- garlic
- ¼ oz fresh parsley
- 14½ oz can whole peeled tomatoes
- 10 oz pkg grass-fed ground beef
- 1 oz panko <sup>1</sup>
- ¼ oz chorizo chili spice blend
- 1 baguette <sup>1</sup>
- 2 oz mayonnaise <sup>3,6</sup>

## What you need

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

## 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 53g, 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!