

# DINNERLY



## No Chop! Meatballs & Gluten Free-Fettuccine

with Spinach & Parm



20-30min



2 Servings

Dinner needs to be on the table ASAP. Do you A) Order take-out for the umpteenth time? Or B) Make these meatballs and gluten free fettuccine? Personally, we'd choose B. This dish requires absolutely no chopping—form and cook the meatballs, boil the pasta, and stir in the sauce. So put your knife away and enjoy your Dinnerly without the stress or mess! We've got you covered!

## WHAT WE SEND

- 10 oz pkg grass-fed ground beef
- 1 oz panko <sup>1</sup>
- 5 oz baby spinach
- 9 oz gluten free fettuccine <sup>3</sup>
- ¾ oz Parmesan <sup>7</sup>

## WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- butter <sup>7</sup>
- large egg <sup>3</sup>

## TOOLS

- large saucepan
- medium nonstick skillet
- microplane or grater

## 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 960kcal, Fat 43g, Carbs 81g, Protein 47g



### 1. Prep meatballs

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

In a medium bowl, add **beef**, **1 large egg**, **¼ cup panko**, **½ teaspoon salt**, and **several grinds of pepper**. Knead gently to combine. Shape into 8 meatballs.



### 2. Cook meatballs & spinach

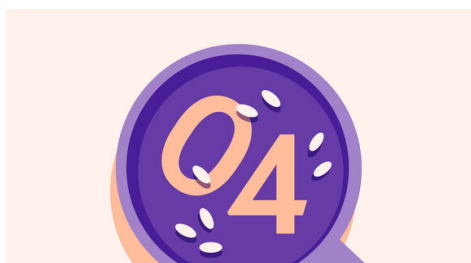
Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **meatballs** and cook, turning occasionally, until cooked through, 12–16 minutes. Add **spinach** and **a pinch of salt**; cook, stirring occasionally, until wilted, about 1 minute. Remove from heat and cover to keep warm.



### 3. Cook pasta

Add **pasta** to saucepan with boiling **salted water** and cook, stirring often to prevent sticking, until al dente, 2–3 minutes. Reserve **¼ cup pasta water**. Drain and return pasta to saucepan.

Finely grate **Parmesan**, if necessary.



### 4. Finish & serve

Return saucepan with **pasta** over low heat. Add **meatballs and spinach**, **half of the Parmesan**, **reserved pasta water**, and **2 tablespoons butter**; stir until butter is melted. Season to taste with **salt** and **pepper**.

Serve **gluten free-fettuccine and meatballs** drizzled with **oil**. Top with **remaining Parmesan** and **a few grinds of pepper**. Enjoy!



### 5. ...

What were you expecting, more steps?



### 6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!