

DINNERLY



Low-Carb Meatball Parm with Roasted Brussels

& Ready to Heat Meatballs



under 20min



2 Servings

Dinner needs to be on the table ASAP. Do you A) Order take-out for the umpteenth time? Or B) Make this meatball parm and Brussels sprouts? Personally, we'd choose B. This dish requires minimal—just halve and broil the Brussels sprouts, brown the meatballs, and assemble the parm. Enjoy your Dinnerly without the stress or mess! We've got you covered!

WHAT WE SEND

- ½ lb Brussels sprouts
- 2 oz shredded fontina ⁷
- 8 oz marinara sauce
- ½ lb pkg ready to heat beef meatballs

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper

TOOLS

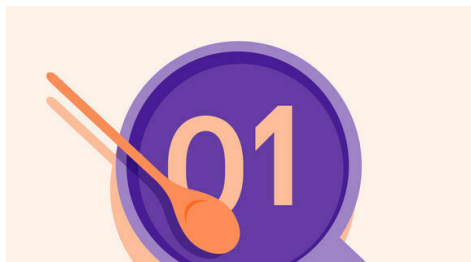
- rimmed baking sheet
- small ovenproof skillet

ALLERGENS

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

NUTRITION PER SERVING

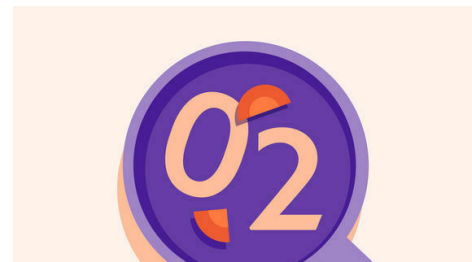
Calories 640kcal, Fat 51g, Carbs 47g, Protein 28g



1. BRUSSELS VARIATION

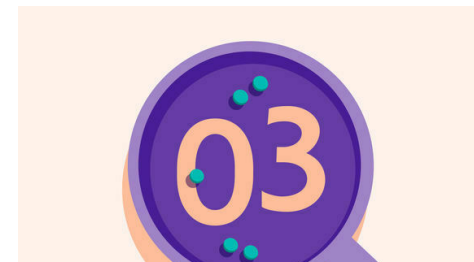
Preheat broiler with a rack in the upper third.

Trim ends from **Brussels sprouts**. Cut in half (or quarter, if large). Toss on a rimmed baking sheet with **1 tablespoon oil** and **a pinch each of salt and pepper**. Broil on upper oven rack until lightly charred and browned in spots, flipping halfway through cooking time, 6–8 minutes (watch closely as broilers vary).



2. Brown meatballs, assemble

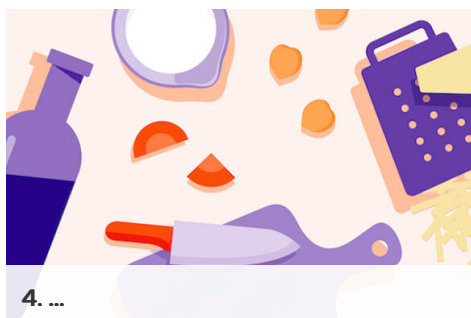
Heat **1 tablespoon oil** in a small ovenproof skillet over medium-high. Add **meatballs** and cook, stirring occasionally, until browned, 2–3 minutes. Reduce heat to low; stir in **marinara sauce** and **¼ cup water** until meatballs are coated in sauce; bring to a simmer. Remove from heat and sprinkle **cheese** evenly over top.



3. Broil & serve

Broil **meatball Parm** on upper oven rack until **cheese** is melted, **sauce** is bubbling, and **meatballs** are warmed through, about 2 minutes (watch closely).

Serve **meatball Parm** with **roasted Brussels sprouts** alongside. Enjoy!



4. ...

What were you expecting, more steps?



5. ...

You're not gonna find them here!



6. ...

Kick back, relax, and enjoy your Dinnerly!