



## Skillet French Onion Meatballs

with Wedge Salad & Creamy Dressing



40-50min



2 Servings

Here, beef meatballs and sweet caramelized onions come together in a skillet to create a new spin on the classic flavors of French onion soup—all covered in a blanket of melted fontina cheese. The brothy sauce and cheesy meatballs are served over tender egg noodles that are perfect for sopping up all the French onion goodness.



## What we send

- 6 oz egg noodles <sup>1,3</sup>
- 1 yellow onion
- 2 (2 oz) shredded fontina <sup>7</sup>
- garlic
- 10 oz pkg grass-fed ground beef
- 1 oz panko <sup>1</sup>
- ¼ oz fresh thyme
- 1 pkt beef broth concentrate
- 1 romaine heart
- 1 oz sour cream <sup>7</sup>

## What you need

- kosher salt & pepper
- butter <sup>7</sup>
- large egg <sup>3</sup>
- neutral oil
- all-purpose flour <sup>1</sup>
- apple cider vinegar

## Tools

- large saucepan
- medium ovenproof skillet

## 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 1320kcal, Fat 75g, Carbs 91g, Protein 63g



### 1. Cook noodles & prep

Bring a large saucepan of **salted water** to a boil. Add **egg noodles** and cook, stirring occasionally, until al dente, 5-6 minutes. Drain noodles, return to pot, and toss with **1 tablespoon butter**; cover to keep warm. Halve, peel, and thinly slice **all of the onion**. Finely chop **¼ teaspoon garlic**.



### 4. Make sauce

Add **½ tablespoon flour** to **onions** over medium-high heat, stirring to coat. Add **broth mixture, garlic**, and **1 thyme sprig**. Cook, stirring, until sauce is slightly thickened, about 3 minutes. Return **meatballs** to skillet, then reduce heat to medium-low. Simmer until meatballs are warmed through, about 3 minutes.



### 2. Brown meatballs

To 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.

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **meatballs** and cook, turning occasionally, until cooked through, 12-16 minutes. Transfer to a plate. Discard any **fat** from skillet.



### 5. Make wedge salad

Preheat broiler with top rack 6 inches from heat source. In a medium bowl, whisk **sour cream, 1 teaspoon vinegar**, and **1 tablespoon oil**; season with **salt** and **pepper**. Halve **romaine** lengthwise, making 2 wedges. Transfer wedges to a serving plate and drizzle dressing over top.



### 3. Caramelize onions

Melt **1 tablespoon each of butter and oil** in same skillet over medium heat. Add **onions** and season with **salt**. Cook, stirring occasionally, until onions are tender and deeply browned, 8-10 minutes (if skillet is dry, add 1 tablespoon water at a time, as needed). In a liquid measuring cup, whisk **beef broth concentrate** and **1 cup water** until smooth.



### 6. Broil meatballs & serve

Discard **thyme sprig** from sauce. Sprinkle **cheese** over **meatballs**. Broil on top oven rack until cheese is melted and browned in spots, 1-3 minutes. Serve **egg noodles** with **meatballs** and **French onion sauce** spooned over top. Serve **wedge salad** alongside. Enjoy!