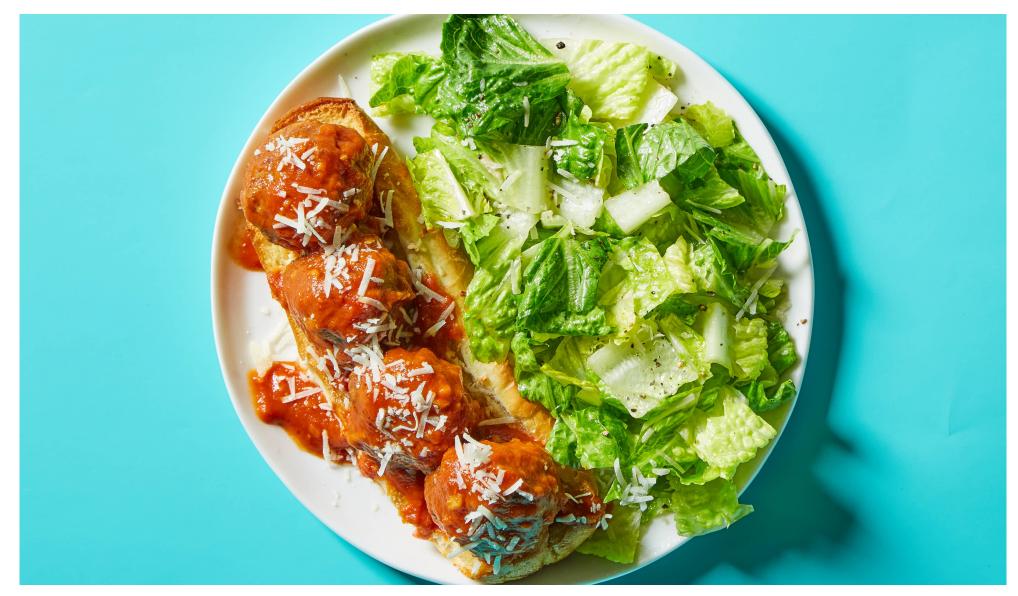
DINNERLY



Fork & Knife Meatball Parm

on Garlic Bread with Green Salad

🔊 20-30min 🔌 2 Servings

This isn't your typical red-sauce joint meatball Parmesan. We upped the ante by making an open-faced version, on, wait for it...garlic bread. Break out the fork and knife for a whole new meatball Parm experience! And the best part? All the saucy goodness and Parmesan cheese stays on your fork, not your face! Served with a crisp lettuce salad for a well-balanced dinner. We've got you covered!

WHAT WE SEND

- ¼ oz granulated garlic
- 1 oz panko¹
- 6 oz tomato paste
- 1 baguette¹
- 1 romaine heart
- + $\frac{3}{4}$ oz Parmesan ⁷
- 10 oz pkg grass-fed ground beef

WHAT YOU NEED

- 1 large egg ³
- kosher salt & ground pepper
- olive oil
- sugar
- red wine vinegar (or white wine vinegar)

TOOLS

- medium skillet
- microplane or grater
- rimmed baking sheet

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 870kcal, Fat 43g, Carbs 62g, Protein 46g



1. Shape meatballs

Preheat oven to 450°F with a rack in the center.

In a medium bowl, mix to combine **panko**, ¹/₂ teaspoon granulated garlic, 1 large egg, ¹/₂ teaspoon salt, and ¹/₄ teaspoon pepper. Add beef and gently knead to combine. Using slightly moistened hands, form into 8 meatballs.



2. Brown meatballs

In a medium skillet, heat **1 tablespoon oil** over medium-high until shimmering. Add **meatballs** and cook, turning once or twice, until browned but not cooked through, 6–8 minutes. Transfer to a plate and spoon off **all but 1 tablespoon of the oil**, if necessary.



3. Simmer meatballs

To same skillet, add ½ **teaspoon** granulated garlic; cook, stirring, about 10 seconds. Add ¼ cup tomato paste; cook, stirring, until slightly darkened, 1–2 minutes. Stir in 2 cups water, ¼ teaspoon salt, and ½ teaspoon sugar. Add meatballs and bring to a boil; cook, turning meatballs occasionally, until sauce is reduced to ¾ cup, 8–10 minutes.



4. Bake garlic bread

Meanwhile, split **bread**, then brush cut sides generously with **oil**. Transfer to a rimmed baking sheet, cut-sides up, then sprinkle with ¹⁄₄ **teaspoon granulated garlic** and ¹⁄₃ **of the Parmesan**. Season with **salt** and **pepper**.

Bake on center oven rack until golden and crisp, 5–7 minutes.



5. Make salad & serve

Halve **lettuce** lengthwise; cut crosswise into 1-inch pieces, discarding end. In a large bowl, stir to combine **1 tablespoon vinegar, 2 tablespoons oil**, and **a pinch each of salt and pepper**. Add lettuce and **half of the remaining Parmesan**, tossing to combine.

Serve garlic bread topped with meatballs, sauce, and remaining Parmesan with salad alongside. Enjoy!



6. Spice it up!

If you like things a little spicy, add a pinch of crushed red pepper to the sauce in step 3 for a meatball Parm with a little bit of attitude!