



No Chop! Low-Carb Meatball Parm with Roasted Broccoli



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 broccoli? Personally, we'd choose B. This dish requires absolutely no prepwork—just broil the broccoli, brown the meatballs, and assemble the parm. So put your knife away and enjoy your Dinnerly without the stress or mess! We've got you covered!

WHAT WE SEND

- ½ lb broccoli
- 2 oz shredded fontina ⁷
- 8 oz marinara sauce
- 10 oz pkg grass-fed ground beef
- 1 oz panko ¹

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- large egg ³

TOOLS

- rimmed baking sheet
- small 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 690kcal, Fat 42g, Carbs 26g, Protein 44g



1. Prep meatballs

Preheat broiler with a rack in the upper third.

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



2. Broil broccoli

Break **broccoli** into 1-inch florets, if necessary. 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).



3. Brown meatballs, assemble

Heat 1 tablespoon oil in a medium nonstick skillet over medium-high. Add **meatballs** and cook, turning occasionally, until cooked through, 12–16 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.



4. Broil & serve

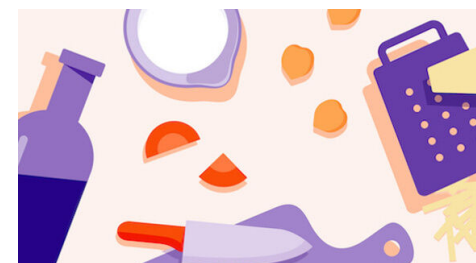
Broil **meatball Parm** on upper oven rack until **cheese** is melted, **sauce** is bubbling, and **meatballs** are warmed through, about 2 minutes (watch closely).

Serve **meatball Parm** with **roasted broccoli** alongside. Enjoy!



5. ...

What were you expecting, more steps?



6. ...

Kick back, relax, and enjoy your Dinnerly!