



Fast! Pesto & Meatball Gluten Free-Fettuccine

with Zucchini, Ricotta & Mint



ca. 20min



2 Servings

Vibrant basil pesto and fully cooked meatballs help bring this light and hearty weeknight pasta together in a snap. We toss al dente pasta with bright green peas, Parmesan, ricotta, and pesto to create a rich, herbaceous and lemony sauce. Hefty slices of zucchini brown along with the beef meatballs before we top it all off with a dollop of ricotta and a sprig of fresh mint.

What we send

- 1 zucchini
- ¼ oz fresh mint
- 1 lemon
- 9 oz gluten free fettuccine ³
- 2½ oz peas
- 4 oz basil pesto ⁷
- ¾ oz Parmesan ⁷
- 4 oz ricotta ⁷
- 10 oz pkg grass-fed ground beef
- 1 oz panko ¹

What you need

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

Tools

- large saucepan
- microplane or grater
- colander
- medium skillet

Cooking tip

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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 1230kcal, Fat 64g, Carbs 90g, Protein 58g



1. Prep ingredients

Bring a large saucepan of **salted water** to a boil. Cut **zucchini** into ¾-inch pieces. Pick **mint leaves** from stems; discard stems. Finely grate the **zest of half the lemon**; cut lemon crosswise for juicing.

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



4. Sauce pasta

Return **pasta**, **peas**, and **¼ cup cooking water** to reserved saucepan along with **pesto**, **Parmesan**, **lemon zest**, **half of the ricotta**, and **2 teaspoons lemon juice**. Stir vigorously until pasta is coated in a creamy sauce, adding more cooking water as necessary if sauce is too thick. Season to taste with **salt** and **pepper**.



2. Cook pasta & peas

Add **pasta** to boiling water. Cook, stirring occasionally, until nearly al dente, about 2 minutes. Add **peas** to water; cook until bright green and tender, and pasta is al dente, about 1 minute. Reserve **1 cup cooking water**; drain pasta and peas. Reserve saucepan.



5. Finish

Tear **mint leaves** and add to **pasta** along with **meatballs** and **zucchini**; mix well to incorporate. Divide **pasta**, **vegetables**, and **meatballs** between bowls. Dollop with **remaining ricotta**, and drizzle with **oil**, if desired.



3. Cook meatballs & zucchini

Heat **2 tablespoons oil** in a large skillet over medium-high. Add **meatballs**. Cook, flipping occasionally, until cooked through and browned all over, 10-15 minutes; transfer to a plate. Add **2 tablespoons oil** to skillet. Add **zucchini**; cook, stirring occasionally until browned in spots and tender, 4-6 minutes. Season with **salt** and **pepper**; transfer to plate with meatballs.



6. Serve

Enjoy!