



Spaghetti & Sausage Meatballs

with Parmesan Broccoli



30-40min



2 Servings

These meatballs are a lot of fun to make, and require little work. Just roll the sausage meat into small balls and coat them in breadcrumbs. This will give them a crispy exterior, even after being tossed in tomato sauce. We broiled broccoli with plenty of Parmesan to create frico—Italian lacy cheese snacks, or the cheese that melts into golden crackers on your baking sheet—perfect for crumbling over the top.

What we send

- garlic
- 2 (¾ oz) Parmesan ¹
- 14½ oz can whole peeled tomatoes
- ½ lb pkg uncased sweet Italian pork sausage
- 1 oz panko ²
- ½ lb broccoli
- 6 oz spaghetti ²

What you need

- kosher salt & ground pepper
- olive oil

Tools

- large pot
- microplane or grater
- small saucepan
- 2 rimmed baking sheets

Allergens

Milk (1), Wheat (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 900kcal, Fat 37g, Carbs 92g, Protein 51g



1. Prep ingredients

Preheat oven to 425°F with racks in the center and upper third. Bring a large pot of **salted water** to a boil. Finely chop **1 teaspoon garlic**. Finely grate **Parmesan**.



2. Make sauce

Heat **2 tablespoons oil** in a small saucepan over medium. Add **garlic** and cook, stirring, until fragrant and starting to brown, about 1 minute. Add **tomatoes** and break up into small pieces with a spoon. Bring to a simmer and cook, stirring occasionally, until slightly thickened, about 10 minutes.



3. Make sausage balls

Roll **sausage** into 1-inch balls. Place **panko** in a small shallow bowl; roll sausage balls in panko until completely coated. Place on a rimmed baking sheet.



4. Bake broccoli & meatballs

Cut **broccoli** into 1-inch florets, if necessary. On a second rimmed baking sheet, toss broccoli with **1 tablespoon oil**; season with **salt** and **pepper**. Bake **meatballs** on center oven rack and broccoli on upper oven rack, shaking sheets halfway through, until meatballs are cooked through and broccoli is crisp-tender, about 15 minutes.



5. Add cheese & bake

Remove **meatballs** from oven and carefully stir into **tomato sauce**. Sprinkle **broccoli** with **half of the Parmesan** and continue to bake broccoli until cheese is browned, about 5 minutes.



6. Cook pasta & serve

Add **pasta** to boiling **salted water**; cook, stirring occasionally, until al dente, 8-10 minutes. Serve **meatballs** and **sauce** over **pasta**. Scrape **cheese and broccoli** from pan. Serve **meatballs, sauce, and pasta** with **cheesy broccoli**. Pass **remaining cheese** at the table. Enjoy!