

DINNERLY



No Chop! Low-Cal 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
- ½ lb pkg ready to heat beef meatballs ^{1,3,6,7}
- 8 oz marinara sauce
- 2 oz shredded fontina ⁷

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper

TOOLS

- rimmed baking sheet
- small ovenproof skillet

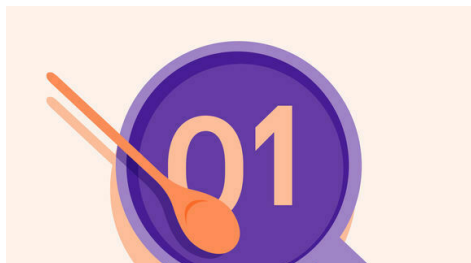
ALLERGENS

Wheat (1), Egg (3), Soy (6), Milk (7). May contain traces of other allergens.

Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 650kcal, Fat 53g, Carbs 44g, Protein 27g



1. Broil broccoli

Preheat broiler with a rack in the upper third.

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).

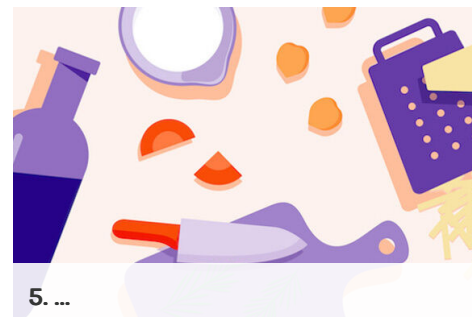


What were you expecting, more steps?

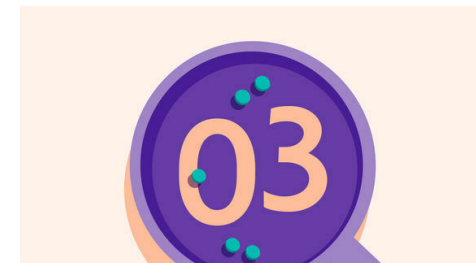


2. Brown meatballs, assemble

Heat **1 tablespoon oil** in a small ovenproof skillet over medium-high. Add **meatballs** and cook, stirring occasionally, until browned, 2–3 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.



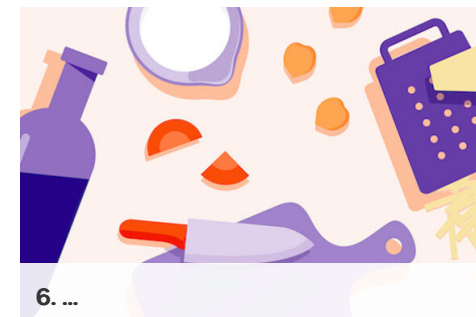
You're not gonna find them here!



3. 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!



Kick back, relax, and enjoy your Dinnerly!