



Skillet French Onion Meatballs

with Wedge Salad & Creamy Dressing



40-50min



2 Servings

Here, beef meatballs and sweet caramelized onions come together in a skillet to create a new spin on the classic flavors of French onion soup—all covered in a blanket of melted fontina cheese. The brothy sauce and cheesy meatballs are served over tender egg noodles that are perfect for sopping up all the French onion goodness.

What we send

- 6 oz egg noodles ^{2,3}
- 1 yellow onion
- 2 (2 oz) shredded fontina ¹
- garlic
- 10 oz pkg grass-fed ground beef
- 1 oz panko ³
- ¼ oz fresh thyme
- 1 pkt beef broth concentrate
- 1 romaine heart
- 1 oz sour cream ¹

What you need

- kosher salt & pepper
- butter ¹
- large egg ²
- neutral oil
- all-purpose flour ³
- apple cider vinegar

Tools

- large saucepan
- medium ovenproof skillet

Allergens

Milk (1), Egg (2), Wheat (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 1280kcal, Fat 86g, Carbs 109g, Protein 46g



1. Cook noodles & prep

Bring a large saucepan of **salted water** to a boil. Add **egg noodles** and cook, stirring occasionally, until al dente, 5-6 minutes. Drain noodles, return to pot, and toss with **1 tablespoon butter**; cover to keep warm. Halve, peel, and thinly slice **all of the onion**. Finely chop **¼ teaspoon garlic**.



4. Make sauce

Add **½ tablespoon flour** to **onions** over medium-high heat, stirring to coat. Add **broth mixture, garlic**, and **1 thyme sprig**. Cook, stirring, until sauce is slightly thickened, about 3 minutes. Return **meatballs** to skillet, then reduce heat to medium-low. Simmer until meatballs are warmed through, about 3 minutes.



2. Brown meatballs

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

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **meatballs** and cook, turning occasionally, until cooked through, 12-16 minutes. Transfer to a plate. Discard any **fat** from skillet.



5. Make wedge salad

Preheat broiler with top rack 6 inches from heat source. In a medium bowl, whisk **sour cream**, **1 teaspoon vinegar**, and **1 tablespoon oil**; season with **salt** and **pepper**. Halve **romaine** lengthwise, making 2 wedges. Transfer wedges to a serving plate and drizzle dressing over top.



3. Caramelize onions

Melt **1 tablespoon each of butter and oil** in same skillet over medium heat. Add **onions** and season with **salt**. Cook, stirring occasionally, until onions are tender and deeply browned, 8-10 minutes (if skillet is dry, add 1 tablespoon water at a time, as needed). In a liquid measuring cup, whisk **beef broth concentrate** and **1 cup water** until smooth.



6. Broil meatballs & serve

Discard **thyme sprig** from sauce. Sprinkle **cheese** over **meatballs**. Broil on top oven rack until cheese is melted and browned in spots, 1-3 minutes. Serve **egg noodles** with **meatballs** and **French onion sauce** spooned over top. Serve **wedge salad** alongside. Enjoy!