



Beef Meatballs Agrodolce

with Roasted Brussels Sprouts & Polenta



20-30min



2 Servings

Agrodolce may be Italian for sweet and sour, but as far as we're concerned, it's synonymous with delicious! Tender meatballs studded with dried currants are browned in a skillet and simmered in a rich broth that cooks down to a silky, sweet, tangy glaze. The whole yummy affair gets served over buttery polenta with crispy, roasted Brussels sprouts on the side.

What we send

- ½ lb Brussels sprouts
- 1 shallot
- 1 pkt beef broth concentrate
- 10 oz pkg grass-fed ground beef
- ½ oz dried currants
- 1 oz panko ¹
- 3 oz quick-cooking polenta

What you need

- red wine vinegar
- sugar
- olive oil
- kosher salt & ground pepper
- 1 large egg ³
- butter ⁷

Tools

- rimmed baking sheet
- medium skillet
- small saucepan

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 940kcal, Fat 49g, Carbs 74g, Protein 45g



1. Prep ingredients

Preheat oven to 450°F with a rack in the center.

Trim ends from **Brussels sprouts**; remove any tough outer leaves, if necessary. Halve lengthwise. Finely chop **¼ cup shallot**.

In a liquid measuring cup, stir to combine **broth concentrate, 1½ tablespoons red wine vinegar, ⅔ cup water**, and **1 tablespoon sugar**.



2. Roast Brussels sprouts

On a rimmed baking sheet, toss **Brussels sprouts** with **1 tablespoon oil** and season with **salt** and **pepper**.

Roast on center oven rack until tender and golden, 15-20 minutes. Cover to keep warm until ready to serve.



3. Mix & shape meatballs

Meanwhile, in a large bowl, knead to combine **beef, currants, half of the chopped shallots, ¼ cup panko, 1 large egg, 1 teaspoon salt**, and **½ teaspoon pepper**. Shape into 10 meatballs.



4. Cook meatballs

In a medium skillet, heat **2 tablespoons oil** over medium-high until shimmering. Add **meatballs** and cook, turning once or twice, until browned but not cooked through, 6-8 minutes. Pour off any excess fat.



5. Finish meatballs

Add **remaining chopped shallots** to skillet and cook, stirring, until fragrant, about 1 minute. Add **broth mixture** and cook over medium-high heat, turning to coat **meatballs**, until sauce is thick and glossy and meatballs are cooked to 160°F internally, 6-8 minutes. Season to taste with **salt** and **pepper**. Cover to keep warm until ready to serve.



6. Cook polenta & serve

Meanwhile, in a small saucepan, bring **2½ cups water** to a boil. Whisk in **polenta** and **1 teaspoon salt**; cook over low heat, stirring occasionally, until grains are tender and polenta is thickened, 6-8 minutes. Stir in **1 tablespoon butter**; season to taste with **salt** and **pepper**.

Serve **meatballs, sauce**, and **Brussels sprouts** over **polenta**. Enjoy!