

DINNERLY



No Chop! Low-Carb Meatball Parm with Roasted Green Beans



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 green beans? Personally, we'd choose B. This dish requires absolutely no prepwork—just broil the green beans, 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 green beans
- ½ lb pkg ready to heat beef meatballs ^{1,2,3,4}
- 8 oz marinara sauce
- 2 oz shredded fontina ²

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper

TOOLS

- rimmed baking sheet
- small ovenproof skillet

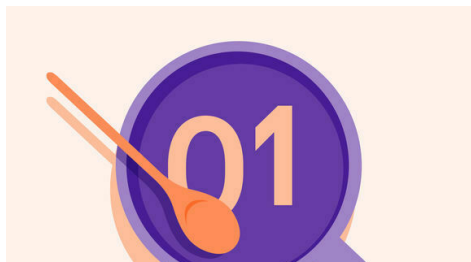
ALLERGENS

Egg (1), Milk (2), Soy (3), Wheat (4). May contain traces of other allergens.

Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

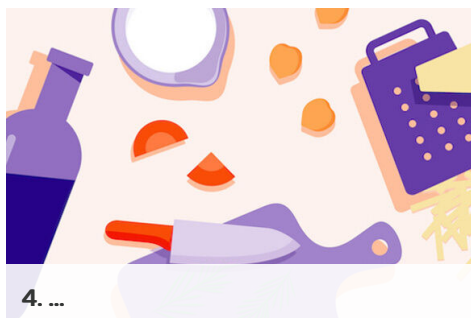
Calories 640kcal, Fat 52g, Carbs 21g, Protein 26g



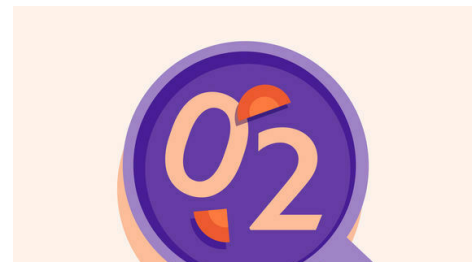
1. GREEN BEAN VARIATION

Preheat broiler with a rack in the upper third.

Snap stem ends from **green beans**, 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?

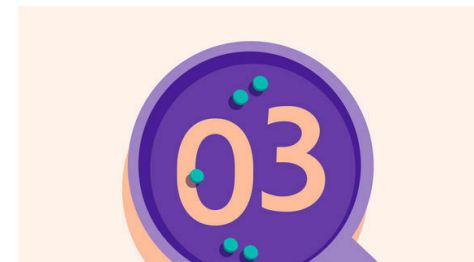


2. Brown meatballs, assemble

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.



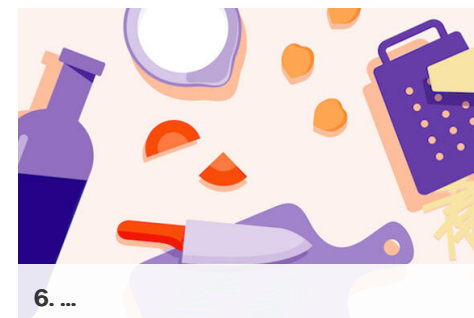
You're not gonna find them here!



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 green beans** alongside. Enjoy!



Kick back, relax, and enjoy your Dinnerly!