

MARLEY SPOON



Cannellini Bean Stew with Readymade Meatballs

with Spinach, Parmesan & Pesto



20-30min



2 Servings

This warm and hearty bowl features the best of Italian flavors—but without any carb-heavy pasta! Ready to heat beef meatballs brown and simmer in marinara sauce along with cannellini beans, baby spinach, and Parmesan. The flavors meld together before we top it off with a jolt of vibrant basil pesto, creating an original dish with traditional flavors.

What we send

- garlic
- 15 oz can cannellini beans
- ¾ oz Parmesan ⁷
- 1 oz panko ¹
- ½ lb pkg ready to heat beef meatballs ^{1,3,6,7}
- 8 oz marinara sauce
- 5 oz baby spinach
- 2 oz basil pesto ⁷

What you need

- kosher salt & ground pepper
- olive oil

Tools

- microplane or grater
- medium nonstick 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 720kcal, Fat 45g, Carbs 48g,
Protein 34g



1. Prep ingredients

Finely chop **2 teaspoons garlic**.

Drain and rinse **beans** under cold water.

Finely grate **Parmesan**.



2. Toast panko

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **panko** and cook, stirring occasionally, until toasted, 3-5 minutes. Transfer to a bowl.



3. Cook meatballs

Heat **1 tablespoon oil** in same skillet over medium-high. Add **meatballs** and cook, turning as they brown, until seared, 4-5 minutes. Drain excess oil and reduce heat to medium; add **marinara** and **¼ cup water**. Simmer, turning meatballs every minute or so, until heated through, 3-5 minutes. Transfer meatballs to a plate and cover to keep warm.



4. Simmer beans & spinach

Add **garlic, beans, half of the Parmesan,** and **¼ cup water** to **marinara sauce**. Bring to a simmer. Add **spinach** and cook, stirring, until wilted. Season to taste with **salt** and **pepper**.



5. Finish & serve

Spoon **beans, spinach,** and **marinara** into shallow bowls. Top with **meatballs** and drizzle **pesto** over top.

Serve **meatball and cannellini bean stew** garnished with **toasted panko** and **remaining Parmesan**. Enjoy!



6. Check us out!

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