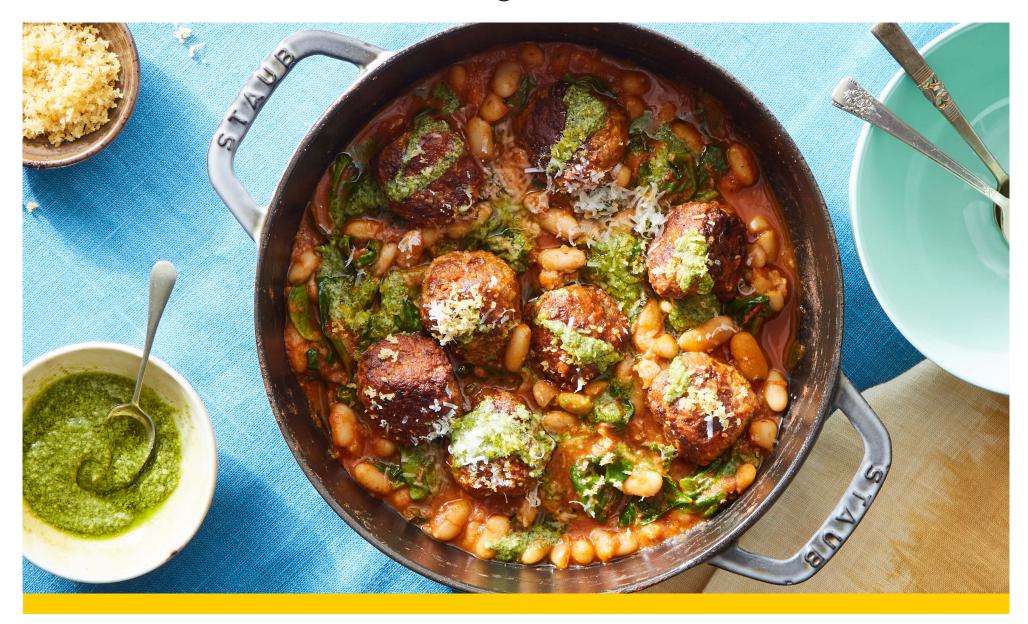
MARLEY SPOON



Cannellini Bean Stew with Readymade Meatballs

with Spinach, Parmesan & Pesto





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

- qarlic
- 15 oz can cannellini beans
- 34 oz Parmesan 7
- 1 oz panko 1
- ½ lb pkg ready to heat beef meathalls 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 45q, Carbs 48q, Protein 34a



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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