



Creamy Polenta with Beef Meatballs

& Garlicky Green Beans



45min



2 Servings

Quick and easy is the name of the game for this comfort dish. Beef meatballs simmer in tangy marinara sauce for a sweet and savory finish. Polenta combines with butter and Parmesan to create an extra creamy bed for the saucy meatballs. Garlicky, spicy green beans adds your daily dose of veggies to round out this easy-peasy dinner.

What we send

- garlic
- ¾ oz Parmesan ⁷
- ¼ oz fresh parsley
- ½ lb green beans
- 10 oz pkg grass-fed ground beef
- 1 oz panko ¹
- 3 oz quick-cooking polenta
- 1 pkt crushed red pepper
- 8 oz marinara sauce

What you need

- large egg ³
- kosher salt & ground pepper
- olive oil
- unsalted butter ⁷

Tools

- microplane or grater
- medium saucepan
- medium skillet

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 900kcal, Fat 50g, Carbs 57g, Protein 46g



1. Prep ingredients

Thinly slice **2 large garlic cloves**. Finely grate **¾ of the Parmesan**. Pick **parsley leaves** from stems and finely chop; discard stems.

Trim stem ends from **green beans**.

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.



4. Cook meatballs

Add **red pepper flakes** (use less, if desired) to skillet with **green beans** and cook until fragrant, about 30 seconds. Transfer to a plate.

In same skillet, heat **1 tablespoon oil** over medium-high. Add **meatballs** in a single layer and cook, flipping occasionally, until meatballs are cooked through, 12-16 minutes.



2. Cook polenta

In a medium saucepan, bring **2¾ cups water** and **½ teaspoon salt** to a boil. Gradually whisk in **polenta**; return to a boil. Cover, reduce heat to low, and cook, whisking occasionally, until grains are tender and polenta is thickened, about 10 minutes.



5. Simmer meatballs

To skillet with meatballs, add **marinara sauce** and **¼ cup water**. Bring to a simmer and cook over medium heat until sauce is thickened and meatballs are heated through, 2-3 minutes. Remove from heat and season **sauce** to taste with **salt** and **pepper**.

Remove **polenta** from heat; stir in **grated Parmesan** and **1 tablespoon butter** until creamy and smooth.



3. Cook green beans

Meanwhile, heat **2 tablespoons oil** in a medium skillet over medium-high. Add **green beans**, season with **salt** and **pepper**, and cook until browned and just tender, 4-5 minutes. Add **garlic** and continue to cook over medium heat until garlic just begins to turn golden, about 2 minutes.



6. Finish & serve

If **polenta** is too thick, stir in **1 tablespoon water** at a time to achieve desired consistency. Season to taste with **salt** and **pepper**.

Divide **polenta**, **green beans**, and **meatballs** between bowls. Grate over **remaining Parmesan**, sprinkle with **parsley**, and finish with **a drizzle of oil** if desired. Enjoy!