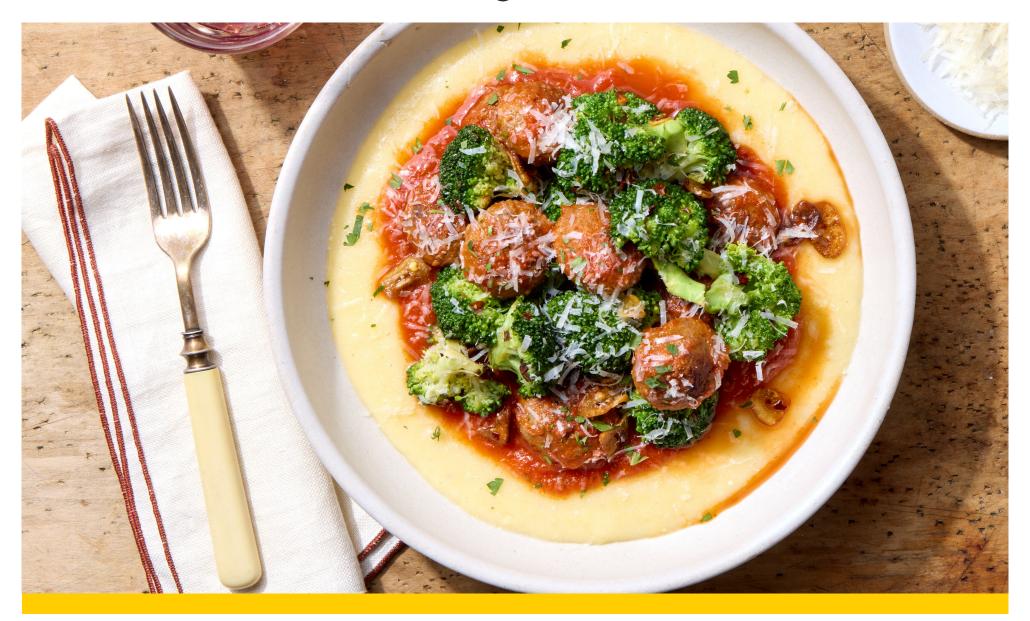
# MARLEY SPOON



# **Creamy Polenta with Beef Meatballs**

& Garlicky Zucchini





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 zucchini 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
- 2 zucchini
- 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 <sup>3</sup>
- kosher salt & ground pepper
- · olive oil
- unsalted butter<sup>7</sup>

## **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 910kcal, Fat 50g, Carbs 58g, 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.

Slice **zucchini** into ½-inch thick rounds.

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.



# 2. Cook polenta

In a medium saucepan, bring 2% 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.



## 3. Cook zucchini

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



## 4. Cook meatballs

Add **red pepper flakes** (use less, if desired) to skillet with **zucchini** 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.



## 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.



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, zucchini, and meatballs between bowls. Grate over remaining Parmesan, sprinkle with parsley, and finish with a drizzle of oil if desired. Enjoy!