

DINNERLY



Chicken Sausage Meatball Marinara with Cacio e Pepe Polenta



20-30min



2 Servings

We've gathered here today to join these meatballs and this polenta in holy matrimony. Italian chicken sausage creates leaner meatballs that don't skimp on flavor, simmering in a tangy bath of marinara and roasted red peppers. The cacio e pepe inspired polenta results in the cheesy, peppery side dish of our dreams. We've got you covered!

WHAT WE SEND

- 2 (¾ oz) Parmesan ²
- 2 oz roasted red peppers
- ½ lb uncased Italian chicken sausage
- 1 oz panko ³
- 8 oz marinara sauce
- 3 oz quick-cooking polenta
- ¼ oz fresh parsley

WHAT YOU NEED

- 1 large egg ¹
- olive oil
- kosher salt & ground pepper
- 4 Tbsp butter (optional) ²

TOOLS

- microplane or grater
- medium skillet
- medium saucepan

ALLERGENS

Egg (1), Milk (2), Wheat (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 670kcal, Fat 31g, Carbs 55g, Protein 46g



1. Prep ingredients

Finely grate **Parmesan**, if necessary. Coarsely chop **roasted red peppers**, if necessary.

In a large bowl, mix to combine **chicken sausage**, **panko**, and **1 large egg**. Shape into 10 meatballs, about 1½ tablespoons each.



4. Finish & serve

Pick **parsley leaves** from stems and coarsely chop leaves; discard stems.

Serve **meatballs** and **marinara** over **polenta** and top with **remaining Parmesan** and **parsley**. Enjoy!



2. Cook meatballs

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **meatballs** and cook until browned, flipping halfway, 4–6 minutes. Add **marinara**, **roasted red peppers**, and **¼ cup water**. Bring to a simmer, then reduce heat to low. Cover skillet to keep warm.



5. ...

What were you expecting, more steps?



3. Cook polenta

In a medium saucepan, bring **2½ cups water** to a boil over high heat.

Slowly whisk in **polenta** and **1 teaspoon salt**. Cook over low heat, stirring occasionally, until grains are tender and polenta is thickened, 6–8 minutes. Stir in **¾ of the Parmesan** and **1 teaspoon black pepper**; season to taste with **salt**. Stir in **2 tablespoons butter**, if desired.



6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!