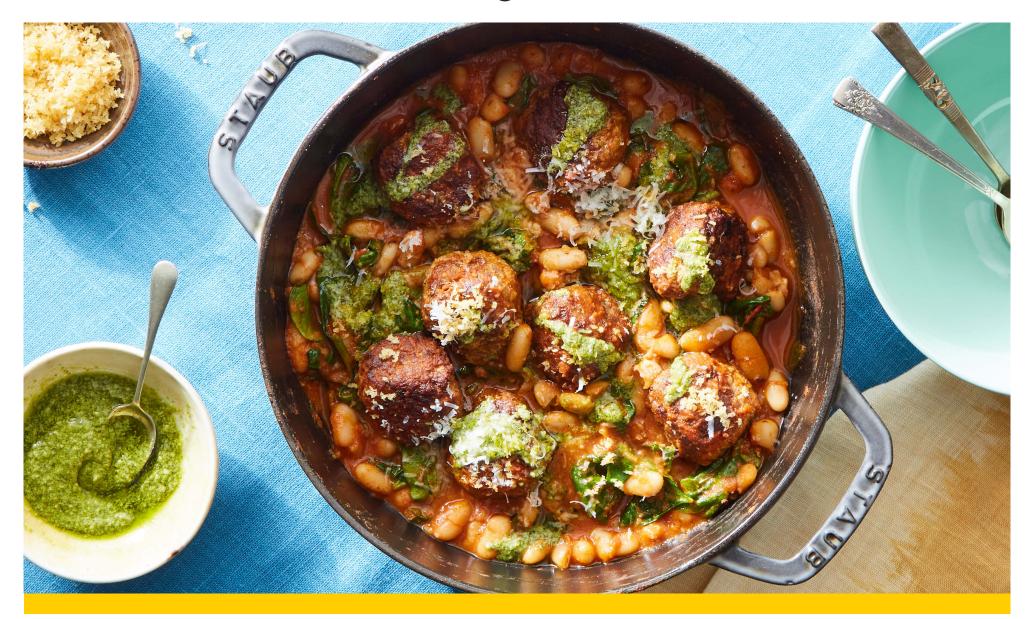
# MARLEY SPOON



# Meatball & Cannellini Bean Stew

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! Garlicky 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
- +  $\frac{3}{4}$  oz Parmesan <sup>7</sup>
- 10 oz pkg grass-fed ground beef
- 1 oz panko <sup>1</sup>
- 8 oz marinara sauce
- 5 oz baby spinach
- 2 oz basil pesto <sup>7</sup>

## What you need

- 1 large egg <sup>3</sup>
- kosher salt & ground pepper
- olive oil

#### Tools

- microplane or grater
- medium nonstick 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 840kcal, Fat 46g, Carbs 45g, Protein 49g



**1. Prep ingredients** 

Finely chop **2 teaspoons garlic**.

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

Finely grate **Parmesan**.



4. Cook meatballs

Heat **1 tablespoon oil** in same skillet over medium-high. Add **meatballs** and cook, turning as they brown, until seared, 6-8 minutes. Drain excess oil and reduce heat to medium; add **marinara** and **¼ cup water**. Simmer, turning meatballs every minute or so, until cooked through, 3-5 minutes. Transfer meatballs to a plate and cover to keep warm.



### 2. Make meatballs

In a medium bowl, combine **ground beef, garlic, ¼ cup panko, 1 large egg, 1 teaspoon salt,** and **a few grinds of pepper**. Mix until fully combined. Roll into 8 meatballs, about 2 tablespoons each.



3. Toast panko

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



5. Simmer beans & spinach

Add **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**.



6. 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!