



Creamy Polenta with Meatballs

& Garlicky Broccoli



45min



2 Servings

Quick and easy is the name of the game for this comfort dish. Tender 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 broccoli adds your daily dose of veggies to round out this easy-peasy dinner.

What we send

- garlic
- $\frac{3}{4}$ oz Parmesan ²
- $\frac{1}{4}$ oz fresh parsley
- $\frac{1}{2}$ lb broccoli
- 3 oz quick-cooking polenta
- 10 oz pkg grass-fed ground beef
- 1 oz panko ³
- 1 pkt crushed red pepper
- 8 oz marinara sauce

What you need

- large egg ¹
- kosher salt & ground pepper
- olive oil
- unsalted butter ²

Tools

- microplane or grater
- microwave
- medium saucepan
- medium skillet

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 900kcal, Fat 50g, Carbs 56g, Protein 46g



1. Prep ingredients

Thinly slice **2 large garlic cloves**. Finely grate **$\frac{3}{4}$ of the Parmesan**. Pick **parsley leaves** from stems and finely chop; discard stems.

Cut **broccoli** into 1½-inch florets, if necessary. Place broccoli in a bowl and microwave, covered, until bright green and just tender, 2-4 minutes. Set aside for step 4.



4. Cook broccoli & meatballs

Add **broccoli** to skillet and cook, stirring frequently, until warmed through and tender, 1-2 minutes. Season to taste with **salt** and **pepper**. 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 **$\frac{1}{2}$ 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, 10-12 minutes.

To a bowl, add **beef**, **1 large egg**, **$\frac{1}{4}$ cup panko**, **$\frac{1}{2}$ teaspoon salt**, and **several grinds of pepper**. Knead to combine. Shape into 8 meatballs.



5. Simmer meatballs

To skillet with meatballs, add **marinara sauce** and **$\frac{1}{4}$ cup water**. Bring to a simmer and cook over medium heat until sauce is thickened and meatballs are coated, 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 garlic

In a medium skillet, combine **garlic** and **2 tablespoons oil**. Cook over medium heat until garlic just begins to turn golden, about 2 minutes. Add **red pepper flakes** (use less if desired), and cook until fragrant, about 30 seconds.






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

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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