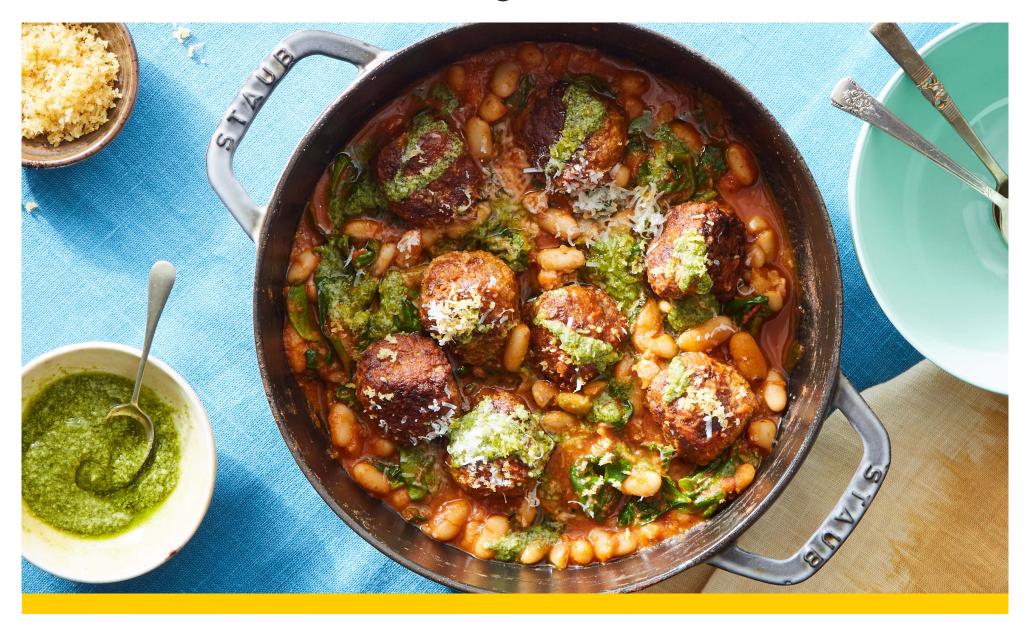
# MARLEY SPOON



# **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
- ¾ oz Parmesan <sup>2</sup>
- 10 oz pkg grass-fed ground beef
- 1 oz panko <sup>3</sup>
- 8 oz marinara sauce
- 5 oz baby spinach
- 2 oz basil pesto <sup>2</sup>

# What you need

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

#### **Tools**

- microplane or grater
- medium nonstick 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 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**.



#### 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.



#### 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 **1/4 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.



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!