



Meatball Parm Macaroni Bake

with Roasted Broccoli



30-40min



2 Servings

Prepare your tastebuds for this fresh take on a classic. Here we combine everything you love about cheesy macaroni and hearty Italian meatballs into one all-star dish. The pasta cooks in the skillet with the sauce soaking up the flavor, and bonus, easy cleanup! With a blanket of melted cheese over the pasta and crisp roasted broccoli alongside—this dinner is a marriage made in red sauce heaven!

What we send

- 3¾ oz mozzarella ²
- ¾ oz Parmesan ²
- garlic
- 10 oz pkg grass-fed ground beef
- 1 oz panko ³
- ¼ oz Italian seasoning
- 2 (8 oz) tomato sauce
- ½ lb elbow macaroni ³
- ½ lb broccoli
- 2 oz basil pesto ²

What you need

- 1 large egg ¹
- kosher salt & ground pepper
- olive oil

Tools

- microplane or grater
- medium (10") ovenproof skillet
- rimmed baking sheet

Cooking tip

Mixing and shaping meatballs ahead of time can make dinner preparation a breeze! Simply follow step 1, then store meatballs in an airtight container in the refrigerator until ready to use.

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 1360kcal, Fat 59g, Carbs 131g, Protein 72g



1. Prep meatballs

Preheat oven to 450°F with racks in the upper and lower thirds.

Cut **mozzarella** into 1-inch pieces. Finely grate **Parmesan**. Finely chop **2 teaspoons garlic**.

In a medium bowl, combine **beef, panko, half of the chopped garlic, 2 tablespoons Parmesan, 1 teaspoon Italian seasoning, 1 large egg, ¾ teaspoon salt, and a few grinds of pepper**. Shape into 8 meatballs.



2. Brown meatballs

Heat **1 tablespoon oil** in a medium ovenproof skillet over medium-high. Add **meatballs** and cook, turning occasionally, until browned all over, 3-5 minutes (they won't be cooked through). Transfer to a plate and set aside until step 4.



3. Cook sauce

Drain **all but 2 teaspoons fat** from skillet and heat over medium-high. Stir in **remaining chopped garlic**, then immediately add **all of the tomato sauce, 1½ cups water, and 1 teaspoon each of Italian seasoning and salt**. Cook, scraping up any browned bits from bottom of skillet, until sauce reaches a simmer, 2-3 minutes. Remove from heat.



4. Assemble & bake pasta

Add **macaroni** to skillet with **sauce**, stirring to coat. Top with **meatballs**, turning to coat in sauce. Arrange **mozzarella** around meatballs.

Bake on upper oven rack until pasta is tender, sauce is thickened, and meatballs are cooked through, 10-15 minutes.



5. Roast broccoli

Meanwhile, cut **broccoli** into 1-inch florets, if necessary. Toss on a rimmed baking sheet with **1 tablespoon oil and a pinch each of salt and pepper**.

Roast on lower oven rack until broccoli is tender and browned in spots, 8-10 minutes.



6. Serve

Serve **meatball pasta bake** with **basil pesto** and **remaining Parmesan** over top and with **broccoli** alongside. Enjoy!