



## 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 <sup>2</sup>
- ¾ oz Parmesan <sup>2</sup>
- garlic
- 10 oz pkg grass-fed ground beef
- 1 oz panko <sup>3</sup>
- ¼ oz Italian seasoning
- 2 (8 oz) tomato sauce
- ½ lb elbow macaroni <sup>3</sup>
- ½ lb broccoli
- 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 (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!