

MARLEY SPOON



Creamy Polenta with Beef Meatballs

& Garlicky Brussels Sprouts



30-40min



2 Servings

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

What we send

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

What you need

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

Tools

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

Allergens

Milk (1), Egg (2), Wheat (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 910kcal, Fat 51g, Carbs 58g, Protein 47g



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.

Trim stem ends from **Brussels sprouts**, then halve or quarter, depending on their size.

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



4. Cook meatballs

Add **red pepper flakes** (use less, if desired) to skillet with **Brussels sprouts** and cook until fragrant, about 30 seconds. Transfer to a plate.

In same skillet, heat **1 tablespoon oil** over medium-high. Add **meatballs** in a single layer and cook, shaking skillet occasionally, until meatballs are cooked through, 12-16 minutes.



2. Cook polenta

In a medium saucepan, bring **$2\frac{3}{4}$ 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, about 10 minutes.



5. Simmer meatballs

To skillet, 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 heated through, 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 Brussels sprouts

Meanwhile, heat **2 tablespoons oil** in a medium skillet over medium-high. Add **Brussels sprouts**, season with **salt and pepper**, and cook until browned and just tender, 5-7 minutes. Add **garlic** and continue to cook over medium heat until garlic just begins to turn golden, about 2 minutes.






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, Brussels sprouts, 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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