

MARLEY SPOON



Chicken Parm Skillet Meatballs

Quick & Easy Protein!



ca. 20min



2 Servings

Coming together in just one skillet, these tender chicken meatballs are a perfect appetizer, side dish, or even a full meal along with pasta or crusty bread. We flavor ground chicken with Tuscan spices and Parmesan, broil them quickly, then add marinara sauce and mozzarella and broil to bubbly goodness. More Parm and fresh parsley on top are the perfect finale.

What we send

- ¼ oz fresh parsley
- ¾ oz Parmesan ¹
- 3¾ oz mozzarella ¹
- 10 oz pkg ground chicken
- ¼ oz Tuscan spice blend
- 1 oz panko ²
- 8 oz marinara sauce

What you need

- olive oil
- kosher salt & ground pepper

Tools

- medium ovenproof skillet
- microplane or grater

Cooking tip

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Allergens

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

Nutrition per serving


Calories 390kcal, Fat 19g, Carbs 9g, Protein 48g



1. Prep ingredients

Preheat the broiler with a rack in the center. Lightly **oil** a medium ovenproof skillet.


Pick **parsley leaves** from **stems**, tearing if large; thinly slice stems. Grate **Parmesan**. Thinly slice **mozzarella**.



4. Finish & serve

Pour **marinara sauce** over **meatballs** and top with **mozzarella**. Return to broiler until **sauce** is bubbling and **cheese** is melted, about 3 minutes.

Serve **chicken parm meatballs** garnish with **remaining Parmesan** and **parsley leaves**. Enjoy!



2. Make meatballs

In a medium bowl, mix to combine **ground chicken, Tuscan spice blend, parsley stems, half of the Parmesan, ½ cup panko, 1 teaspoon salt, and a few grinds of pepper**.



5. ...

Looking for more steps?



3. Broil meatballs

Shape **chicken mixture** into **12 meatballs**, about 1 tablespoon each. Transfer to prepared skillet, spaced at least ½-inch apart. Drizzle with **oil**.

Broil on center oven rack until just starting to brown and cooked through, 5-8 minutes (watch closely as broilers vary).



6. ...

You won't find them here! Enjoy your Marley Spoon meal!